

# Fitting Instructions #4497IS

## Land Rover Range Rover

### Rear Control Arm Upper Bushing

**Note:** Polyurethane bushings must be fitted to both sides of the vehicle.

- Wheel-align the vehicle before the job is started and note settings;
- Jack the vehicle up and support on jack stands/hoist;
- Remove the upper control arms of the rear suspension;
- Remove original bush with the use of a hydraulic press and suitable pressing tools;
- Apply the white grease supplied to outside surface and into the bore of the bush, and the outside of the crush tube;
- Push the new polyurethane bushing into the housing as shown in the illustration;
- Refit the control arm to the vehicle and tighten all bolts to manufacture's torque settings;
- Carry out wheel alignment.

