Fitting Instructions #5177IS Subaru Tribeca 2006-2014 Rear Control Arm Upper Inner Bushing







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

- o Wheel-align the vehicle before the job is started and note settings;
- o Support the vehicle on jack stands or a hoist and remove the upper control arms;
- The front OE bushings are two separate bushings and can be easily removed with an air chisel or cold chisel and hammer. Ensure the arm is secure in a vice.
- The rear bush can be pressed out using a hydraulic press and appropriate press tools.
- Apply the white grease supplied to the bore of the bushes and the outside of the steel crush tubes. Fit the bushes to the control arms.
- o For SPF5177AK reference the diagrams and fit the crush tubes to gain desired results.
- Refit the control arms to the car, making sure you tighten the bolts with the arm held at 90 degrees to the mount as this will give you the maximum camber offset (1 degree);
- o Re-assembly the rest of the car and carry out a wheel alignment.

Note: Manufacture's torque setting must be used on all bolts and nuts.







Standard Replacement



Camber Decrease



