

# Fitting Instructions #3226IS

Ford Falcon FG

## Front Upper Control Arm Inner Bushing

**Superpro**  
Suspension Parts

REV1 22/11/2019

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

- With the vehicle supported on jack stands or hoist, remove the front wheels to gain access and remove the front upper control arms.
- Remove the original bushes including the steel shell with the use of a hydraulic press and suitable pressing tools.
- Clean housing areas with a file or flapper wheel to remove any old bushing materials and burrs created.
- Lubricate the body of the bushes with grease supplied and using the diagram as a guide press the bushes into the arm.
- Note the shorter of the two flanges on the bush must face towards the inside of the arm for both front and rear positions. See Diagram.
- Lubricate the bore of bushes and the outside of the crush tube with grease supplied. Then, using an arbour press push the crush tube into the bushes;
- Re-assemble the arms into the car. Tension M10 upper control arm bolts to 63 Nm Carry out wheel alignment.

**Note:** Re check vehicle at 1000km

**Note:** shorter flange of the bush must be fitted into the arm

