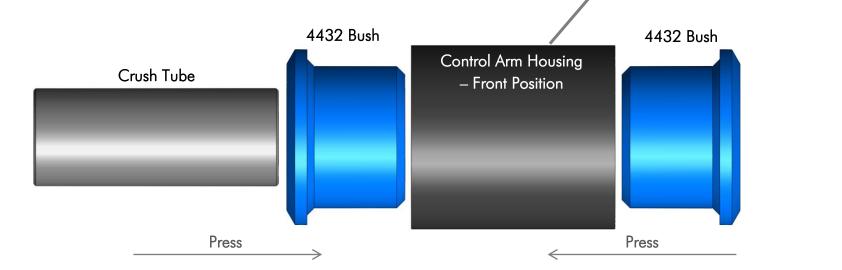
Fitting Instructions #4432IS

Holden Captiva

Front Lower Control Arm Front Bushing

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

- o Wheel align the vehicle before the job is started;
- o Jack the vehicle up and support on hoist/jack stands;
- o Remove control arms from the vehicle;
- o Use a hydraulic press or similar to remove the OE bushing and steel crush tube from the arm;
- o For ease of installation, lube the body of both bushes then press into arm;
- Lubricate the bore of the new polyurethane bushing and the outside of the new steel crush tube.
 Use an arbour press to press the tube into the bushing;
- o Refit both left and right arms with the new bushes into the vehicle;
- Wheel align vehicle and check new settings;





Left Hand Side Control Arm

