

Fitting Instructions #3490IS

Honda Civic EJ, EK

Control Arm Upper Inner Bushing (Front)

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

- Jack the vehicle up and support on stands/hoist and then, remove the upper control arms from the vehicle.
- Remove original bushes including the shell from the upper control arms with the use of a hydraulic press and suitable pressing tools.
- Clean housing areas to remove any old original bushing materials. Then, press the new polyurethane steel shell bushes into the upper control arm.
- Using the grease supplied, generously lubricate the outside of the steel crush tube, the bore of the new bush and then, push the crush tube in. The hex of the crush tube should be installed on the outside of the upper control arm-adjust the bush as necessary to achieve (refer to figure 2).
- With reference to Table 1 and the settings required, adjust the new crush tube with the spanner provided, so that the hole in the bushing is positioned to give the desired camber settings.
- Tighten all bolts ensuring that you use manufacturers torque settings, wheel align vehicle and check new settings.

By adjusting the offset crush tube, camber variation can be achieved.



Figure 1: Upper control arm set in vehicle

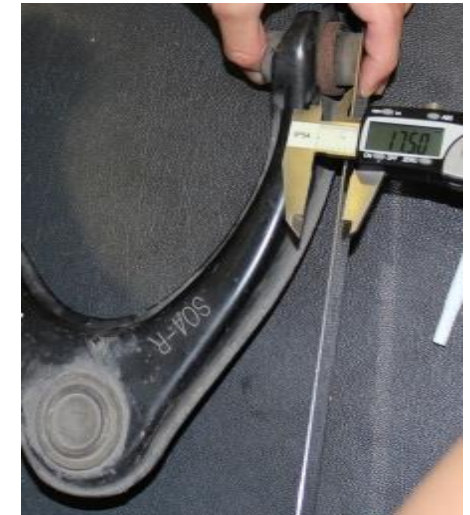


Figure 2: Bush offset on control arm

Left Hand Side Shown

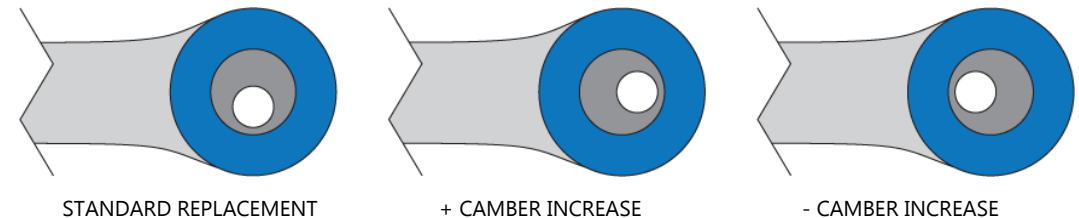


Table 1: Illustration of Camber settings