

Fitting Instructions #5236IS

Holden Commodore VE VF

Rear upper outer control arm bushes (Heim Joint replacement)

- Jack up the vehicle and put-on stands/hoist, remove rear wheels and the upper control arm to gain access to the hub.
- The Heim joint can be removed, without removing the hub from the vehicle.
- Using threaded rod and appropriate sleeves/washers, extract the Heim joint from the housing.
- Note the Heim joint has a flange one end and will need to be extracted towards the rear of the vehicle see Fig 1.
- Clean out the bore, grease the bushing and using suitable threaded rod, sleeves and washers; pull bushings into place.
- Note how the bush is stepped to fit the housing, insert the smaller diameter flange into the rear of the hub and pull through. See Fig 3
- Apply the grease supplied to the bore of the bush and install the crush tube. Fig 4
- Refit control arms using manufactures torque settings and carry out a wheel alignment.



Note step in bore

Fig 2



Step in bush

Fig 3



Note flange

Fig 1



Installed Bushing

Fig 4