

Fitting Instructions #3695IS

Ford Ranger

Front Control Arm Lower Inner Bushing

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

- Wheel-align the vehicle before the job is started and note settings;
- Jack the vehicle up and support on jack stands/hoist;
- Remove the lower control arms of the front suspension;
- Remove original bush with the use of a hydraulic press and suitable pressing tools;
- Apply the supplied grease supplied to outside surface and into the bore of the bush;
- Press the new SuperPro bush into the arm, noting that the polyurethane only side should be pushed in first and then press the shell part into the arm, see Figure 01 for details;
- Apply the supplied grease on the outside surface of the crush tube, and press it in the bush;
- Press the big and small washer on the tube as it is shown in the Figure 01 ;
- Refit the control arm to the vehicle; tighten all bolts to manufacture’s torque settings and carry out wheel alignment.



Figure 01 – Lower Control Arm Bushings