

Installation Instructions

for Set # 16.3119

97-01 Honda Prelude Type SH



It is recommended that if you are unfamiliar with this type of work that you refer to a qualified service center specializing in this type of work. It is also recommended that if you choose to do this work yourself that a factory service manual be obtained for the proper procedures pertaining to removal, replacement and proper torque specifications for your vehicle. This instruction set is intended as a guideline for the safe installation of Energy Suspension's polyurethane bushings, once you have removed the factory components from your vehicle. Wheel alignment is almost always disturbed when suspension components are removed or replaced. It is recommended that you have the alignment checked on your vehicle at a qualified alignment shop. Energy Suspension recommends that you read over all the installation instructions and check all P/N's and quantities in the parts list before you start. Prior to installation, make sure that your car is in excellent mechanical condition and that there are no suspension or steering related problems. This part has been designed to work only with a car that is in good state of repair. No matter how carefully we design our parts, this is one area we have no control over and cannot be held responsible.

1. Properly support the vehicle on the frame and remove the upper control arm from the vehicle.
2. Remove the rubber bushing (DO NOT REMOVE O.E. OUTER METAL SHELL FROM UPPER CONTROL ARM). You can do this by heating the exposed circumference of the shell where it contacts the arm. You must use extreme caution when doing this not to deform the arm or the shell. Make sure to keep the flame moving and not to hold it in one spot for too long. It is usually best to work the flame around the outside of the bushing in a circle. When sizzling/smoke is seen, the bond between the bushing and sleeve is broken and the bushing can be carefully pushed out with pliers or a screwdriver. Once bushing/sleeve is out, clean all scraps of rubber from ID of shell as preparation for new bushing. Grease all sides of the bushing that contact metal. Press in the Energy Suspension bushing. Note: On the upper control arm, the bushings have a part number engraved in them. The P/N 3439 on each bushing must be facing away from each other. (see diagram). Grease and install the sleeve.
3. Reinstall the upper control arm assembly onto the vehicle.
4. Remove the lower control arm. Press out the inner control arm bushing including it's shell (pivot position) from the control arm. A hydraulic press will be needed. The outside diameter of the shell is 38mm (1.496"). When pressing out O.E. Shell, use something smaller than 38mm (1.496"). Support the control arm with thick wall tubing that has a inside diameter bigger than 38mm (1.496") for the O.E. Shell to get pushed in to.
5. Grease the I.D. of the lower control arm (where the shell was). Grease all sides of the bushing that will contact metal.
6. Install the bushings. There are three bushings for this location. Two will be the same and one is different. Install the bushing with the flange first then install the bushing without the flange next. Finally install the remaining bushing. Grease and install the sleeve.(see diagram)
7. Reassemble the lower control arm onto the vehicle. Tighten all fasteners to factory specs.
8. After installation is complete, Energy Suspension recommends an alignment be performed at a qualified alignment shop.

