

Installation instructions

For set # 16.3123

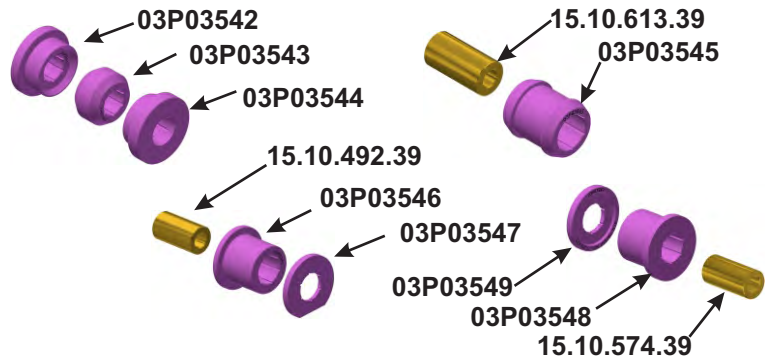
06-11 Honda Civic SI
Rear Lower Trailing Arm Bushings
And Lower Knuckle Bushings

ENERGY
SUSPENSION 

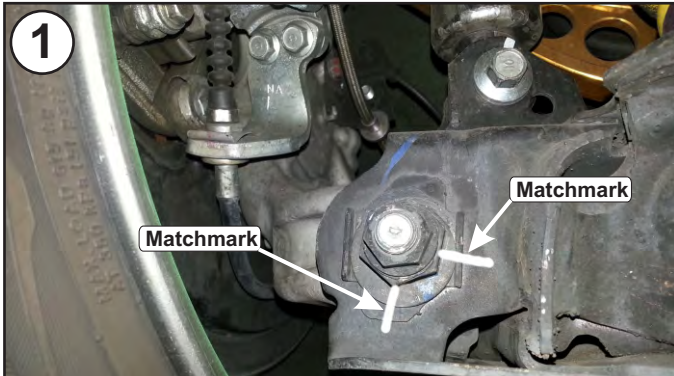
It is recommended that if you are unfamiliar with this type of work that you refer to a qualified service center specializing in this type of work. It is also recommended that if you choose to do this work yourself that a factory service manual be obtained for the proper procedures pertaining to removal, 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.

Parts list: 16.3123

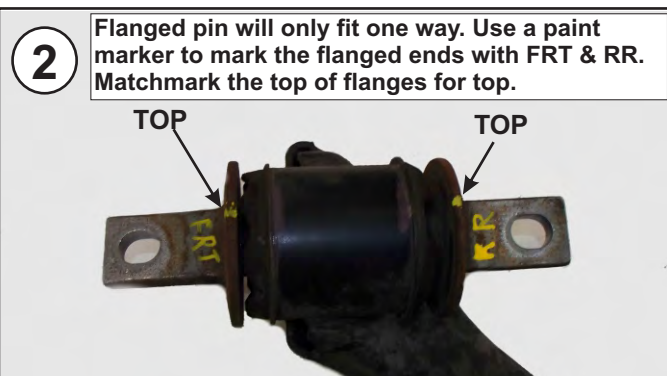
- 2 ea 03P03542 (Front POS. Outer Front Bushing).
- 2 ea 03P03543 (Front POS. Inner Bushing).
- 2 ea 03P03544 (Front POS. Outer Rear Bushing).
- 2 ea 03P03545 (Rear POS. Bushing).
- 2 ea 15.10.613.39 (1.000" O.D. x .500" I.D. x 1.960" LG. Sleeve for rear position).
- 2 ea 03P03546 (Rear Knuckle Front POS. Bushing).
- 2 ea 03P03547 (Rear Knuckle Front POS. Inner T/W).
- 2 ea 15.10.492.39 (1.000" O.D. x .563" I.D. x 1.817" LG. Sleeve For Rear Knuckle Front Position).
- 2 ea 03P03548 (Rear Knuckle Rear POS. Bushing).
- 2 ea 03P03549 (Rear Knuckle Rear POS. Inner T/W).
- 2 ea 15.10.574.39 (1.000" O.D. x .563" I.D. x 2.000" LG. Sleeve For Rear Knuckle Rear Position).



NOTE: upper control arm bushings are not supplied in this kit. DO NOT REMOVE BUSHINGS FROM UPPER CONTROL ARM!



Use a paint marker to matchmark the adjustment cam bolt in two places both sides before removing rear trailing arm from vehicle.



Do not remove outer metal shell from trailing arm, it must be reused for this bushing set to work.



Clamp one end of the flanged pin in a vice, using an adjustable wrench and a pry bar, SLOWLY ROTATE (15° to 30° max) flanged pin back and forth prying up at the same time. The pin is press fit into a inner sleeve. This is not easy but it will come out. You only need to remove the one flanged pin from the inner sleeve, leave the other-side flanged pin pressed in.



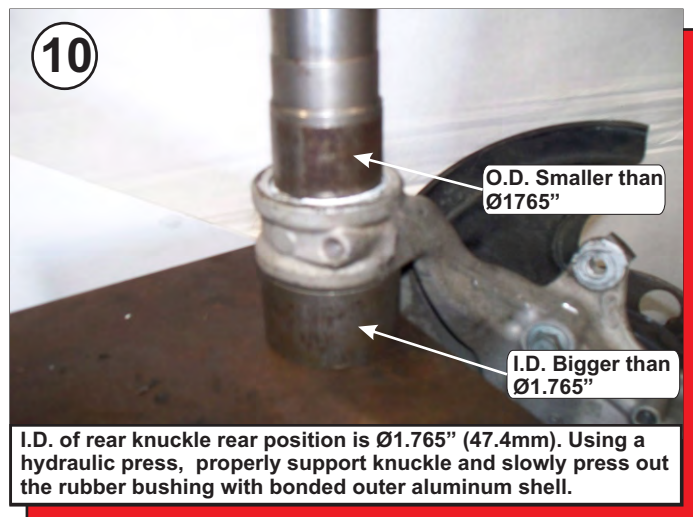
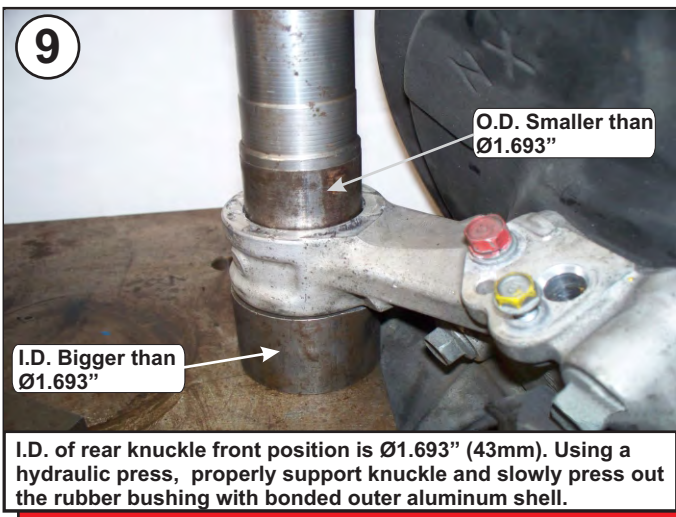
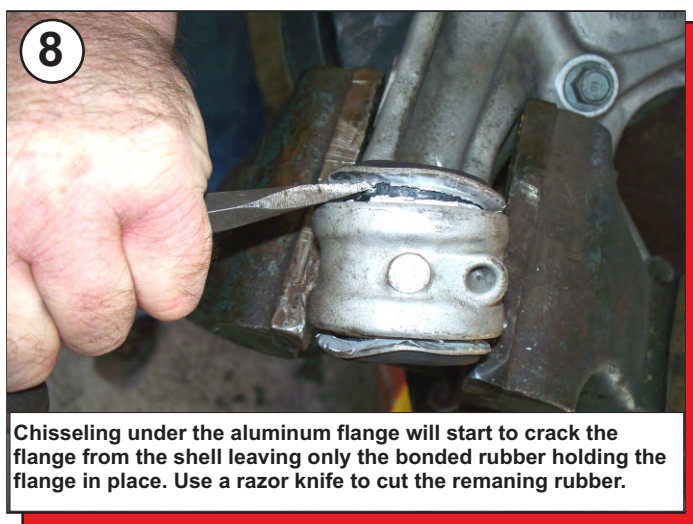
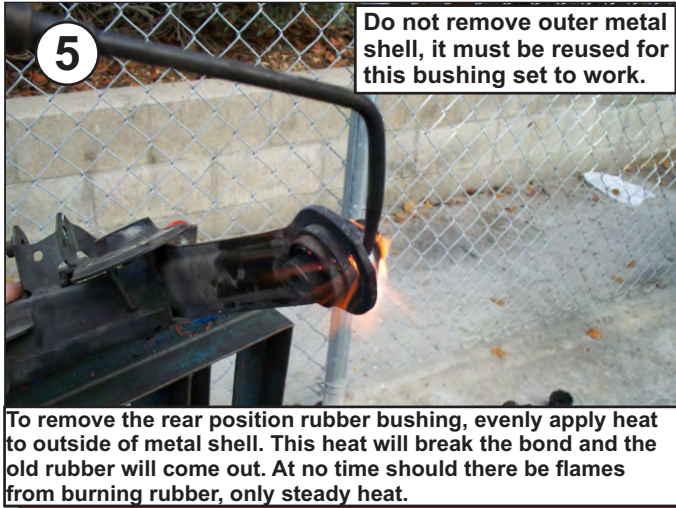
To remove the remaining flanged pin and inner sleeve, evenly apply heat to inside of sleeve. This heat will break the bond and the flanged pin and the sleeve will come out. At no time should there be flames from burning rubber, only steady heat.

Installation instructions

For set # 16.3123

06-11 Honda Civic SI
Rear Lower Control Arm Bushings
And Lower Knuckle Bushings

ENERGY
SUSPENSION 



Installation instructions

For set # 16.3123

06-11 Honda Civic SI
Rear Lower Control Arm Bushings
And Lower Knuckle Bushings

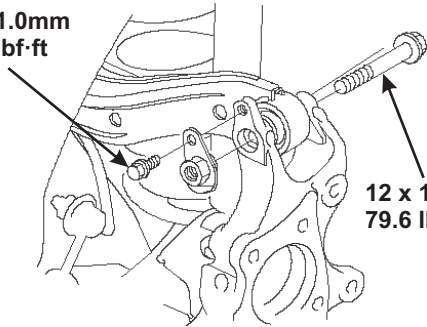
ENERGY
SUSPENSION 

•Energy Suspension® recommends a full alignment at a qualified facility.

SUPPLIED BUSHING POSITIONS AND SPECIFIED TORQUE VALUES

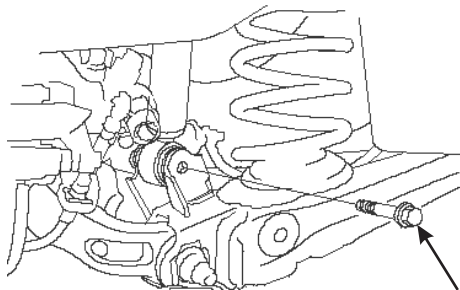
Upper Knuckle Mounting Bolt.

6 x 1.0mm
7.2 lbf·ft



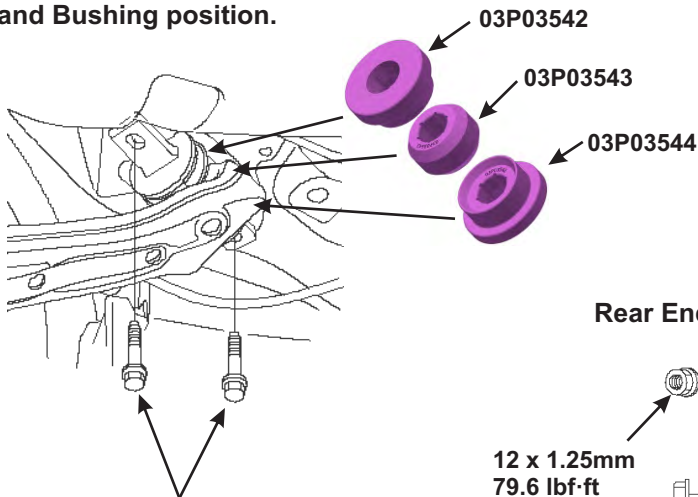
12 x 1.25mm
79.6 lbf·ft

Lower Damper Mounting Bolt.



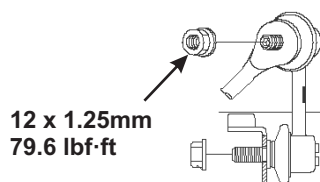
12 x 1.25mm
43 lbf·ft

Trailing Arm Front Mounting Bolts and Bushing position.



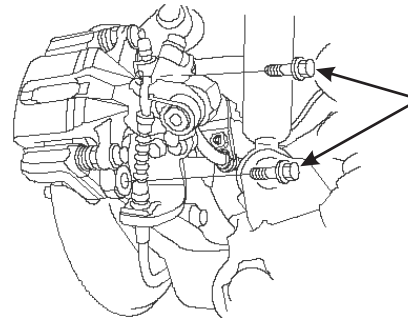
12 x 1.25mm
79.6 lbf·ft

Rear End Link.



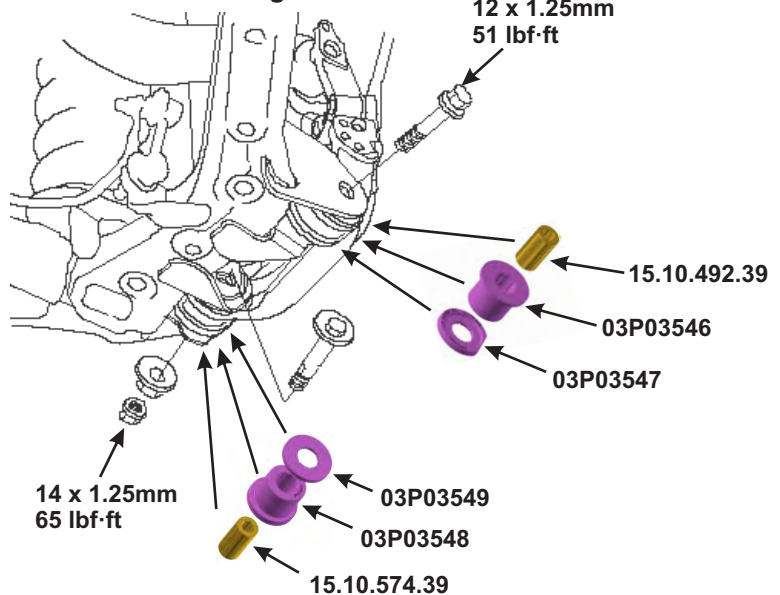
12 x 1.25mm
79.6 lbf·ft

Brake Caliper Bracket Mounting Bolts.



10 x 1.25mm
54 lbf·ft

Lower Knuckle Mounting Bolts and Bushing Positions.



Trailing Arm Rear Mounting Bolt and Bushing Position.

