

# INSTRUCTION SHEET FOR SET #4.3160

## Ford F-150 2wd Front Control Arm Set



- Remove the sway bar by removing both bushing clamps and the endlinks at the control arm.
- We found the flat spot of the frame where the sway bar bushing was to be a good spot to support the vehicle.
- Remove the wheel and disconnect the steering tie rod from spindle.
- Loosen but do not remove the nuts completely on upper and lower ball joints on the spindle and break the joints loose.
- Remove anti-lock sensor from spindle.
- Remove outer brake caliper assembly. (Use a screw driver to spread pads to clear the inner ridge on metal plate). Hang out of way. **Pic 1**
- Remove upper and lower ball joint nuts and now remove spindle/hub assembly. IT IS VERY HEAVY!, Use caution.
- Remove lower shock bolt and 3 upper nuts and remove shock/spring assembly.
- Place tick marks on the bolts of the lower control arm to help keep approximate alignment of the control arm upon reassembly. Remove the bolts and remove the arm.
- Now also remove the upper control arm.

### BUSHING REMOVAL:

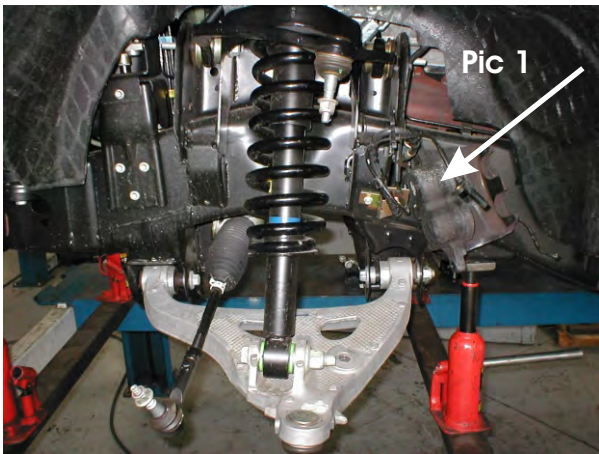
**DO NOT REMOVE THE OEM SHELL!** For the **upper control arm**, apply heat to outer metal shell. Now place a screw driver into the inner metal sleeve and leverage the bushing out. Use caution when removing bushing. Wear protective eye wear. Clean any burrs or debris from the I.D. of the arm.

For the **lower control arm**, you must use a press to remove the bushing and shell. The ID of the arm is  $\varnothing 2.170"$

### BUSHING INSTALLATION:

For the upper control arm, grease the bushing, sleeve, and ID of shell. Press the bushing in first, then press in the sleeve.

For the lower control arm, press the new supplied shell (15.02.42.39) into the arm from the "backside" until it is **flush** with the taper on the inside of the arm. (This is approximately 0.415" in from the outside of the arm.) Grease I.D. of shell and O.D. / I.D. of bushing and sleeve. Now press in the bushing and then the sleeve. Complete by tightening all bolts to factory specifications.



Pic 1



Spreading pads



Carefully remove heavy spindle



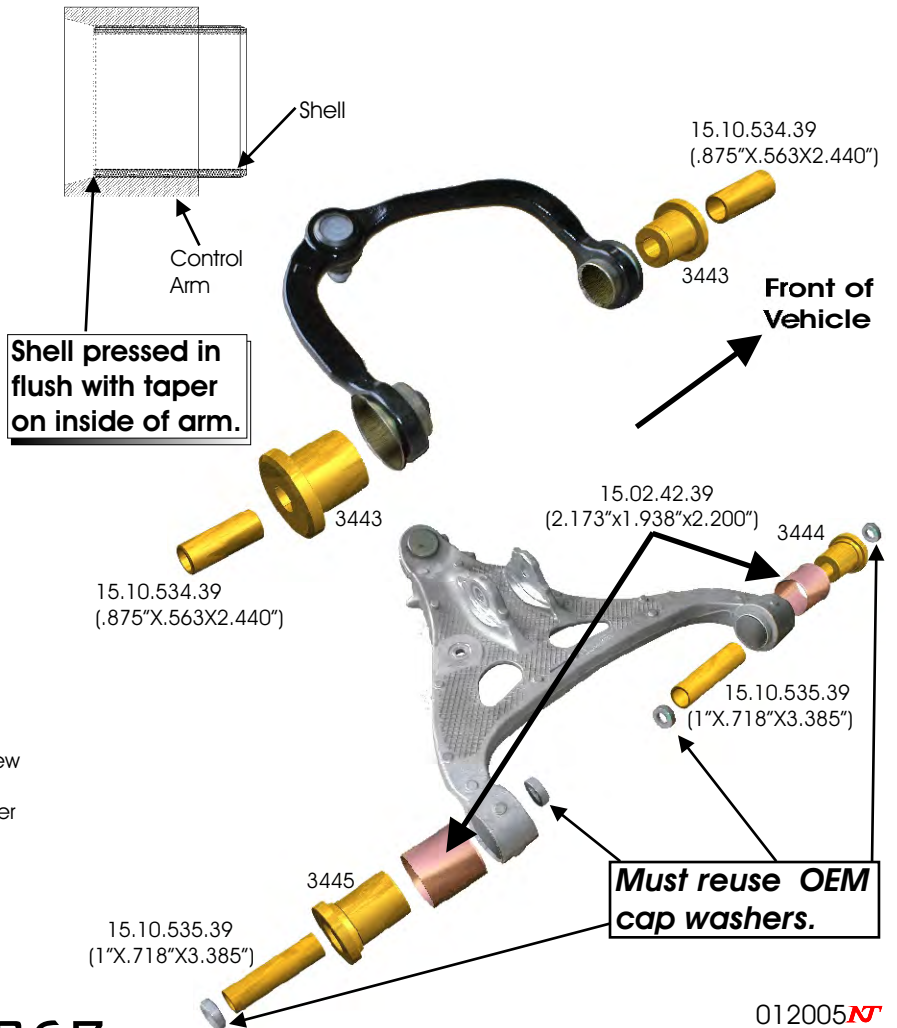
Upper shock



Lower shock



Press the new sleeve in flush to taper



17367

012005 FORD F-150