



INSTALLATION INSTRUCTIONS

Progress Technology [Rear Anti-Sway Bar](#)
62.1003 Civic/Integra

NOTE: Progress Technology products should only be installed by a qualified licensed mechanic experienced in the installation and removal of suspension components. Please read instructions from start to finish and verify the parts in the parts list before beginning installation.

| Parts list | Quantity | Parts list | Quantity |
|--------------------|----------|---------------------------------|----------|
| 22 mm rear bar | 1 | 3/8-16 x 1.00 HHCS | 4 |
| Bracket L | 1 | 3/8 washer | 14 |
| Bracket R | 1 | M10 x 1.25 x 80 HHCS | 2 |
| Pivot bracket | 2 | M8 x 1.25 x 25 HHCS | 2 |
| End link bracket | 2 | 5/16 washer | 6 |
| Pivot bushing | 2 | 5/16-18 x 1.50 Full thread HHCS | 2 |
| Grommet | 8 | 5/16-18 nut | 2 |
| Cup washer | 8 | 5/16-18 x 1.00 HHCS | 2 |
| Spacer tube | 2 | 5/16 Nutsert | 2 |
| 3/8-16 x 6.00 HHCS | 2 | Lube | 1 |
| 3/8-16 nylock nut | 6 | | |

1. Park vehicle on a smooth, level, asphalt or concrete surface. Block front wheels. Jack up rear end of car and support with jackstands. Remove wheels and tires. If equipped with an original equipment rear anti-sway bar, remove the bar and brackets. If equipped with ABS, remove the ABS wire brackets.
2. Locate and remove the rear control arm pivot bolts (see illustrations). Remove the rear lower shock mount bolts. Remove the upper rear shock mount bolts. Rotate and remount the rear shocks so that the nut on the lower mount faces the rear of the vehicle (see illustration).
3. On the driver side, install the angle bracket onto the lower shock mount, using the factory bolt. See illustration. **BE SURE TO MOUNT THE BRACKET TO THE SHOCK MOUNT USING THE SMALL HOLE IN THE BRACKET. THE LARGE HOLE IS USED FOR THE ENDLINK BOLT TO PASS THROUGH.** Do not fully tighten the lower bolt yet. Do not install the passenger side shock yet
4. Using the M10 x 1.25 x 80mm bolt supplied, mount the rear pivot brackets to the rear control arm pivots as shown in the illustrations. Do not fully tighten at this time.



FIG 1 Nutsert shown ready to install



FIG 2 Hold bolt head and turn nut until tight

5. Note the upper mounting bolt location for the pivot brackets. If your car was originally equipped with a rear bar, the upper mounting hole will have a threaded insert. If this is the case, use the M8 x 1.25 bolts and washers supplied. Tighten hand tight. If not originally equipped, there will be an unthreaded hole in the chassis. If so, drill the hole out using a 1/2" drill bit. Assemble the nutsert with the 5/16-18 x 1.50 bolts, nut and washer. Install nutsert as shown in figure 1 and two. Hold the head of the bolt while tightening the nut until the nut gets tight. Slight side load may be required to start the nutsert. Tighten until the nut becomes tight. Then back out the bolt. Use 5/16-18 x 1.00 bolts and washers to fasten bracket to the chassis. **PLEASE NOTE THAT IF YOU NEED TO USE THE NUTSERT, WE HIGHLY RECOMMEND WELDING THE UPPER MOUNTING AREA OF THE PIVOT BRACKET TO THE CHASSIS.** If the upper area is not properly secured to the chassis, the pivot brackets may fatigue and crack. This type of failure is not covered by the warranty, and you will need to purchase new brackets from The Progress Group.
6. Tighten the lower control arm pivot bolts to 40 ft.-lbs. Using the tube of lubricant provided, lubricate the inside of the polyurethane pivot bushings. Install the bushings onto the bar as shown. Mount the bar onto the vehicle as shown, using the bushing brackets, 3/8" x 1.00" bolts, nuts and washers as shown.
7. Install the passenger side rear shock absorber at this time, along with the other angle bracket. Assemble both endlink assemblies as shown. Tighten endlinks only until snug. **DO NOT OVERTIGHTEN.** Check all hardware for tightness, but do not tighten lower shock mount bolts yet. Re-mount ABS wires at this time if applicable. It may be necessary to modify the brackets slightly.
8. Install wheels and tires. Lower rear of car onto ground, and roll car back and forth to settle suspension. Tighten rear lower shock mount bolts at this time.
9. Installation is complete. Check assembly periodically for tightness.



62.1003

