



INSTALLATION INSTRUCTIONS

Progress Technology [Anti-Sway Bar](#)

2004-05 Civic

P/N 62.1006

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

Item	Quantity	Item	Quantity
Anti-sway bar (22 mm)	1	M12 Flat washer	2
U bracket	2	M8 x 1.25 x 25 HHCS	4
Pivot bushing	2	5/16 Flat washer SAE	4
Rear brace	1	5/16 Flat washer USS	4
Spacer	2	Instruction sheet	1
M12 x 1.25 x 90 HHCS	2	Grease tube	1

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 rear wheels and tires. Remove stock sway bar and brackets. Leave the end links attached to the lower control arms.
2. Locate the pivot "D shaped" polyurethane bushings and tube of special grease supplied in the hardware kit. Cut the end off of the grease tube and apply the grease to the bore of the polyurethane bushings (in the hole). Open the bushings and snap them over the new anti-sway bar, as positioned on the stock bar. Place the new brackets (supplied) over the pivot bushings.
3. Remove lower control arm bolts. Mount rear brace using M12 bolt, washer and spacer provided. Place spacer on the back side of brace. Tighten to factory specifications. (See figure one.)



Figure 1 Driver side as viewed from underneath

4. Attach anti-sway bar to brace using hardware provided (**place small washer on top of the big washer to fasten the bushing bracket to the brace, this keeps the bolt from sinking into the bracket**) as pictured in figures two and three. Tighten bolts at this time. Grease the face of the bushing that comes in contact with the welded on bushing stops. These stops prevent the bar from moving from side to side.

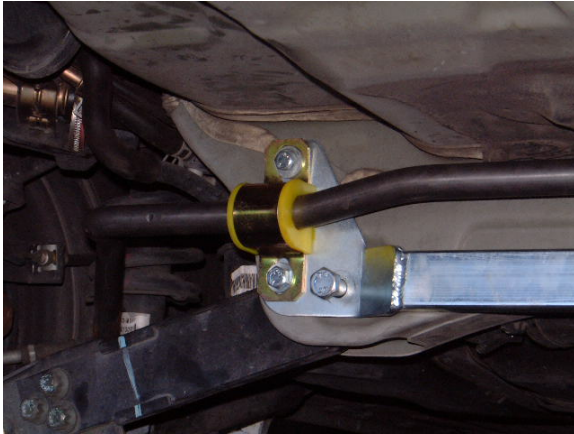


Figure 2 Driver side



Figure 3 Rear of vehicle

5. Attach end link to the end of the bar (using the stock nut) and tighten. (See figure four.)



Figure 4 Driver side

5. Install wheels and tires. Lower rear of car onto ground, and roll car back and forth to settle suspension.
6. Installation is complete. Check assembly periodically for tightness.