

Title: Lower Control Arm Rubber Bushing Removal Procedure

Note: This procedure is to be used ONLY if Urethane bushings are to be installed as they require the outer steel sleeve of the rubber bushings to remain in the lower control arm.

WARNING: DO NOT ATTEMPT TO PRESS OUT THE INNER STEEL AND OUTER RUBBER BUSHING AT THE SAME TIME! THE FORCE REQUIRED IS VERY HIGH! PRESS THE INNER STEEL BUSHING OUT FIRST THEN THE OUTER RUBBER BUSHING!

Tools needed:

- 1) Hydraulic press tall enough to stand the lower control arms in (Harbor Freight 33497-8VGA or 1667-4VGA).
- 2) One (1) each 3/8" x 16 bolt 3 1/2" long (this will be long enough to go through the central steel bushings and stick out 3/4" - 1")
- 3) Three (3) each 3/8" x 16 nuts to thread on end of the bolt and fill the 3/4" - 1" part sticking out of the central steel bushing.

Note: the purpose of this is to keep the socket you are going to press the bushing out from slipping off the bushing. This lends a bit of safety to the operation.



- 4) One (1) 3/8" drive 9/16" deep well socket (fits over the nuts above).
- 5) One (1) 6" x 3/8" drive extension.



- 6) One (1) 1/2" drive x 1 1/4" socket (or one that is a bit smaller than the OD of the small diameter end of the Urethane bushing).
- 7) One (1) 6" x 1/2" drive extension.



8) One piece of tubing with an ID that is the same as the OD of the rubber bushing steel outer sleeve to fit between the tabs on the lower control arm (approximately 1 5/8 wide) to keep them from distorting when the inner steel bushing and outer rubber bushing are pressed out.



Procedure:

1) Install the 3/8" bolt from the inside to the outside of the control arm inner steel bushing. Screw the three nuts on the bolt. Make sure they align so you can slip the deep well socket over them all. Finger tight is OK.



2) Put the 6" x 3/8" drive extension on the 3/8" drive 9/16" deep well socket and slip it over the nuts.

3) Measure the distance from the opposite end of the control arm to the end of the extension.

4) Adjust the press so the control arm, socket, and extension will fit.

5) Stand the control arm up in the press (with the socket and extension attached).

6) Put the 1 5/8 wide steel tubing up against the OD of the outer steel sleeve between the control arm tabs.

7) Slowly press the inner steel bushing out.

Note: Keeping the lower control arm stable is a bit difficult while the bushing is being pressed out. I suggest you have someone help you with this; one person holds the arm the second pumps the press.

8) When the inner steel bushing falls out you will find that the socket will be stuck in the rubber!

9) Continue pressing until the socket clears the rubber bushing.

10) Remove the socket from the extension.

11) Retract the press.

12) Flip the control arm over and repeat steps 5) to 11) above.

Once both inner steel bushings are out you can press the rubber bushings out.

1) Put the 6" extension on the 1 1/4" socket backwards. That is insert it from inside the socket. This gives you a large flat area to press the bushing out with.



2) Hold the socket and extension on the rubber bushing to be pressed out and measure the distance to the opposite end.

3) Adjust the press so the control arm, socket, and extension will fit.

4) Put the tubing up against the OD of the outer steel sleeve between the lower control arm tabs.

5) Slowly press the rubber bushing out of the steel socket.

Note: Keeping the lower control arm stable is a bit difficult while the bushing is being pressed out. I suggest you have someone help you with this; one person holds the arm the second pumps the press.

6) Flip the control arm over and repeat steps 4) & 5) above.

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