



**FITTING INSTRUCTIONS**

**44FH & 44FJ - Front Lower Front Control Arm Bushes (Inner & Outer Bushes)**

<b>44FH Contains</b>
2 x Bushes
2 x Inner Tubes

<b>44FJ Contains</b>
2 x Bushes
2 x Inner Tubes



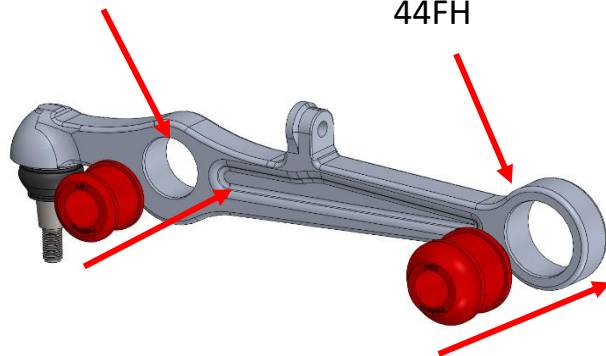
**Step 1:**  
Remove the existing bushes.

**Step 2:**  
Ensure the bore is free from sharp edges and remove any debris.

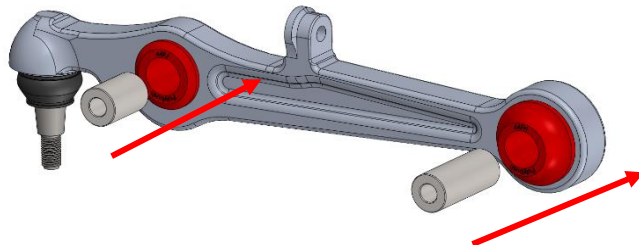
**Step 2:**  
Apply washing-up liquid to the leading edges of the bushes and press in using a vice or hydraulic press until the bushes are fully seated.

44FJ

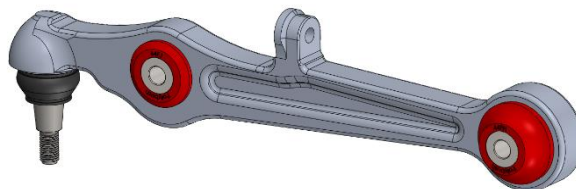
44FH



**Step 3:**  
Press in Inner Tubes until flush.



**Step 4:**  
Refit and torque to car when at ride height using the manufacturers torque settings.



**Step 5:**  
Follow the same process for the opposite arm.

If you have any questions regarding the fitment of these bushes, please give us a ring on 01978 664316.

or send an e-mail to [sales@polybush.co.uk](mailto:sales@polybush.co.uk)

