



FITTING INSTRUCTIONS

44FP & 44FQ - Front Lower Front Control Arm Bushes (Inner & Outer Bushes)

44FP Contains
2 x Bushes
2 x Inner Tubes

44FQ Contains
2 x Bushes
2 x Inner Tubes



Step 1:
Remove the existing bushes.

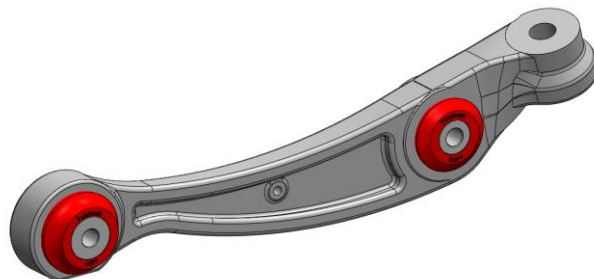
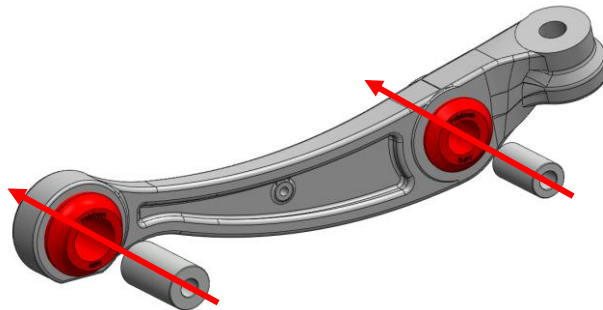
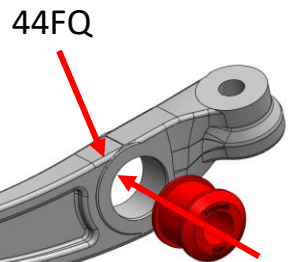
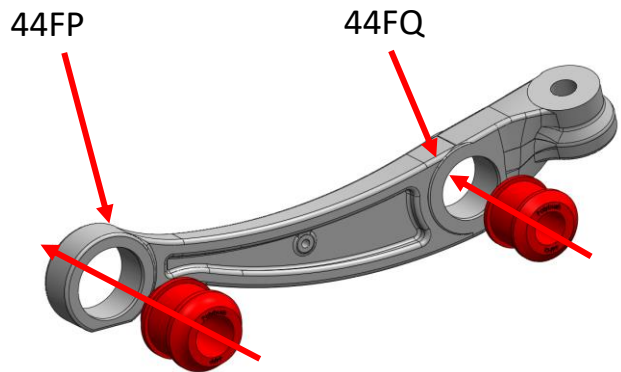
Step 2:
Ensure the bore is free from sharp edges and remove any debris.

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.

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