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INSTALLATION INSTRUCTIONS

Progress Technology

Rear Trailing Arm Bushings #11.1003

3/6/2001

Fits 1988-2000 Civic (all), 94-2001 Integra (all)

NOTE: **Progress Technology** products should only be installed by a qualified licensed mechanic experienced in the installation and removal of suspension components. This installation is a lot of messy work, but well worth it. This kit replaces two important rear suspension bushings that are soft rubber and frequently torn/missing in older vehicles.

Contents:

Polyurethane bushings (2)
Grease tube (1)
Installation Instructions

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 the two rear trailing arm assemblies, per the factory service manual.
2. Locate the trailing arm bushings (with steel cross-pins). These polyurethane bushings WILL USE THE ORIGINAL steel shells and cross-pins. Remove the stock rubber bushings by BURNING OUT using a torch. DO THIS OUTSIDE in a non-flammable area. Let the rubber bushings burn until all material is gone, and just the carbon residue remains. CAUTION: This is a smokey mess, and requires the SAFE USE of a welding or soldering torch. DO NOT PRESS the steel parts! The steel shells and cross-pins MUST BE RE-USED.
3. After the components cool to room temperature, CLEAN up the outer steel shells and cross-pins using a wire wheel. Remove all traces of the old rubber bushings. Lube the NEW polyurethane bushings with WD-40 or silicone spray and push in place. You may need to use a soft hammer.
4. LUBE the cross-pins with the grease provided in the kit. Push the cross-pins in the new bushings. Re-install the trailing arm assemblies, per the factory service manual.
5. ALIGN the rear suspension, or have this work performed by a competent shop equipped for four-wheel alignments.

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