

## BK067 – LOWER CONTROL ARM BEARING

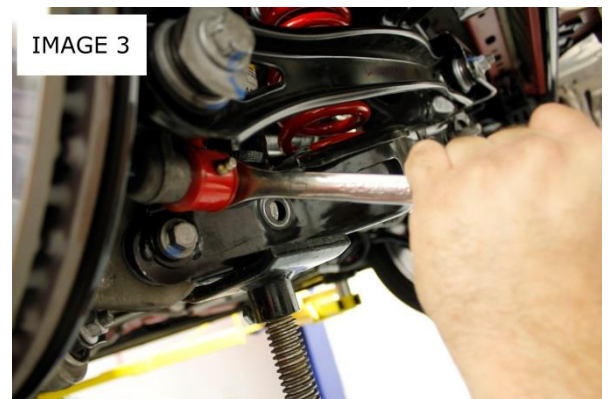
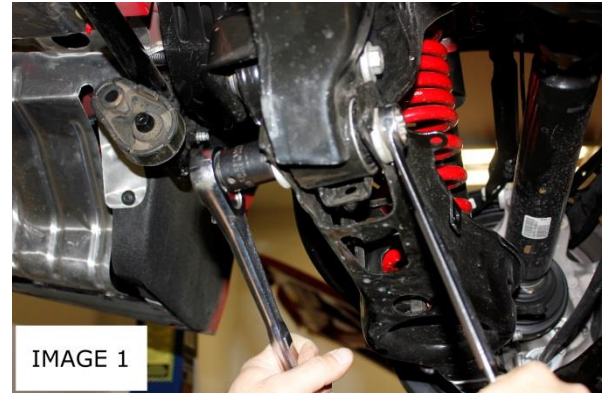
### RECOMMENDED TOOLS:

- Jack and jack stands
- 3/8" drive impact or ratchet
- 15mm and 18mm sockets, deep well
- 15mm and 18mm wrenches
- Mallet

**NOTE:** *General Motors requires* that you replace many of the rear suspension bolts as they are Torque to Yield bolts, also known as *T.A.Y.* fasteners (Torque Angle Yield) or single use fasteners. During development and testing we have not replaced any of these bolts, your results may vary. Refer to the torque spec chart and part number guide after the instructions if you wish to replace your factory bolts.

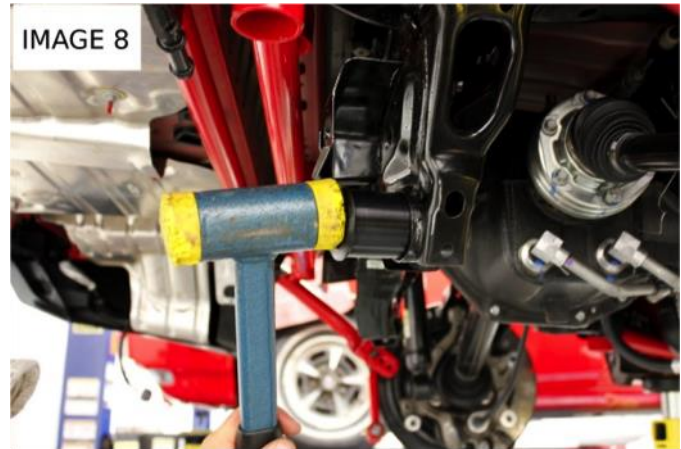
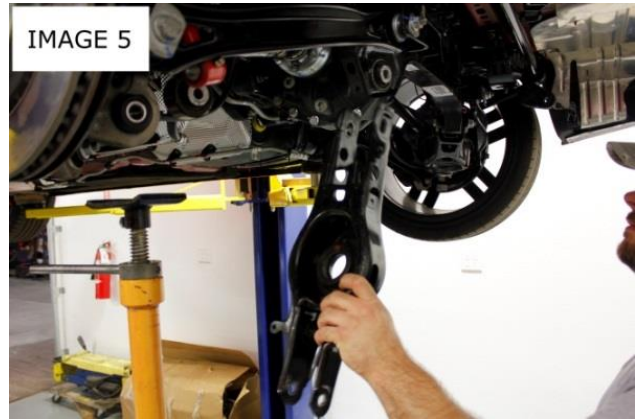
### INSTALLATION:

1. Lift the rear of the vehicle and support with jack stands under the frame rails. Ensure your jack and jack stand placement doesn't interfere with the removal of the lower control arm.
2. Support the lower control arm using a stand or hydraulic jack then, using an 18mm socket and wrench, loosen the innermost bolt on the rear control arm as seen in **IMAGE 1**.
3. Using a 15mm socket and wrench, remove the nut and bolt holding the shock in place. **IMAGE 2**.
4. Using a 15mm wrench, remove the sway bar end link from the rear spindle. **IMAGE 3**.
5. Using a 15mm socket and wrench, remove the outermost nut and bolt as seen in **IMAGE 4**.



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6. Slowly lower the stand/jack from under the control arm, and remove the spring and control arm as seen in **IMAGE 5**.
7. Starting out with a 1/4" drill bit, drill all the way through the stock bushing parallel to centerline as seen in **IMAGE 6**. Step up drill bits until 3/8". This should be adequate to cut the side of the bushing allowing it to be driven out.
8. Drive out the original bushing with a hammer once drilled. **IMAGE 7**.
9. Drive bearing housing in from the rear of car with a dead blow hammer or mallet. **IMAGE 8**.
10. Install both bearing spacers and replace lower control arm.
11. Follow same instructions to install the opposite side, and then repeat steps 1-6 in reverse.





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<b>General Motors Rear Suspension T.A.Y Fastener Part Number Guide</b>			
<b>Name</b>	<b>Bolt</b>	<b>Washer</b>	<b>Nut</b>
Forward Rear Cradle Bolt (aka Rear Suspension Bracket Bolt)	11547921	NA	NA
Adjust Link Inner (Toe Rod)	11611276	11611277	11516078
Adjust Link Outer (Toe Rod)	11609598	11611265	NA
Lower Control Arm Inner	11609598	11611695	11516382
Lower Control Arm Outer	11611841	NA	11611709
Rear Suspension Bracket Front Bolt + Stud	11570985	NA	NA
Shock Absorber Bolts	11609598	NA	NA
Stabilizer Shaft Insulator Clamp Bolts	11588723	NA	NA
Trailing Arm Upper Control Arm Outer	11610908	NA	11516078
Trailing Arm Upper Control Arm Inner	11610908	NA	11516078
Trailing Arm Lower Control Arm Outer	11610908	NA	11516078
Trailing Arm Lower Control Arm Inner	11610908	NA	11516078
Upper Control Arm Inner	11610909	NA	11516078
Upper Control Arm Outer	11610908	NA	11516078
<b>*Part Numbers above should be ordered in pairs, one for the driver side and one for the passenger side</b>			



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### Fastener Specifications

Application	Specification	
	Metric	English
<b>Adjust Link Inner Nut (Requires a NEW bolt.)</b>		
First Pass	70 N•m	52 lb ft
Final Pass	105 Degrees	
<b>Adjust Link Outer Bolt (Requires a NEW bolt.)</b>		
First Pass	100 N•m	74 lb ft
Final Pass	105 Degrees	
<b>Lower Control Arm Inner Nut (Requires a NEW bolt.)</b>		
First Pass	115 N•m	85 lb ft
Final Pass	105 Degrees	
<b>Lower Control Arm Outer Nut (Requires a NEW bolt.)</b>		
First Pass	150 N•m	110 lb ft
Final Pass	105 Degrees	
Rear Suspension Bracket Front Bolts (Requires a NEW bolt.)	58 N•m	43 lb ft
<b>Rear Suspension Bracket Bolts (Requires a NEW bolt.)</b>		
First Pass	100 N•m	74 lb ft
Final Pass	90 degrees	
Rear Suspension Bracket Nuts	58 N•m	43 lb ft
Rear Wheel Bearing and Hub Bolt	130 N•m	96 lb ft
<b>Shock Absorber Bolt (Requires a NEW bolt.)</b>		
First Pass	100 N•m	74 lb ft
Final Pass	105 degrees	
Shock Absorber Upper Nuts	43 N•m	32 lb ft
Stabilizer Shaft Insulator Clamp Bolts (Requires a NEW bolt.)	58 N•m	43 lb ft
Stabilizer Shaft Link Bolt	58 N•m	43 lb ft
Stabilizer Shaft Link Nut	43 N•m	32 lb ft
<b>Trailing Am Lower Control Am Inner Nut</b>		
First Pass	70 N•m	52 lb ft
Final Pass	105 degrees	
<b>Trailing Am Lower Control Am Outer Nut (Requires a NEW bolt.)</b>		
First Pass	100 N•m	74 lb ft
Final Pass	105 degrees	
<b>Trailing Am Upper Control Am Inner Nut (Requires a NEW bolt.)</b>		
First Pass	70 N•m	52 lb ft
Final Pass	105 degrees	
<b>Trailing Am Upper Control Am Outer Nut (Requires a NEW bolt.)</b>		
First Pass	100 N•m	74 lb ft
Final Pass	105 degrees	
<b>Upper Control Arm Inner Nut (Requires a NEW bolt.)</b>		
First Pass	70 N•m	52 lb ft
Final Pass	105 degrees	
<b>Upper Control Arm Outer Nut (Requires a NEW bolt.)</b>		
First Pass	70 N•m	52 lb ft
Final Pass	105 degrees	

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*This product is an aftermarket accessory and not designed by the vehicle's manufacturer for use on this vehicle. As such, Buyer assumes all risk of any caused to the vehicle/person during installation or use of this product.*