

# Installation Instructions for Set # 16-3103

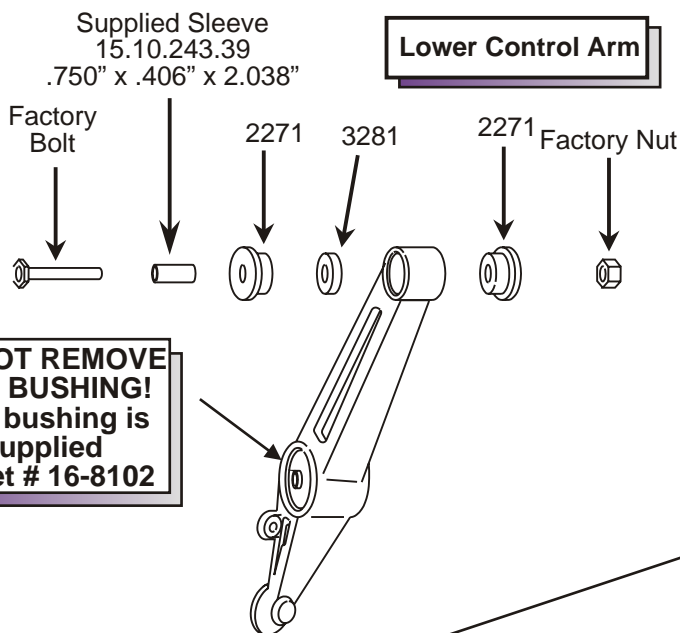
## 1988-91 Honda Civic and CRX



1131 VIA CALLEJON, SAN CLEMENTE, CA 92673

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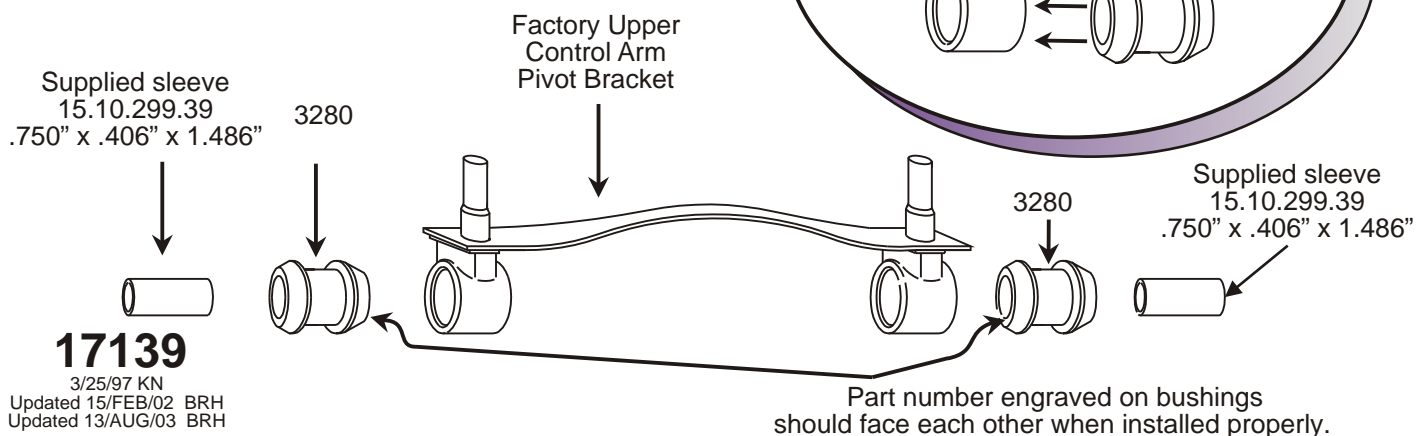
1. Properly support the vehicle on the frame.
2. Unbolt the upper control arm and pivot bushing assembly from the vehicle. Unbolt the upper control arm from the pivot bushing assembly.
3. Remove the rubber bushing and shells from the pivot bushing assembly. A hydraulic press will be needed. Clean the pivot bushing assembly and lubricate the inside of the barrel. Grease all sides of the bushing that contact metal. Press in the Energy Suspension bushing. Note: the bushings have a part number engraved in them. The engraved side on each bushing must be facing each other when fully assembled. See diagram.
4. Reassemble and reinstall the upper control arm assembly onto the vehicle.
5. Remove the lower control arm.
6. Press out the inner control arm bushing including it's shell from the control arm.
7. Grease the I.D. of the lower control arm (where the shell was). Grease the Energy Suspension bushing. Grease all sides of the bushing that contact metal.
8. Install the bushings. There are three bushing for this location. Two will be the same and one is different. Install the bushing with the flange first then install the bushing without the flange next. Install the remaining part. Grease the sleeve and install the sleeve.
9. Reassemble the control arm onto the vehicle. Tighten all fasteners to factory specs.
10. Perform a complete wheel alignment after completion of work.



It is recommended that if you are unfamiliar with this type of work that you refer to a qualified service center specializing in this type of work. It is also recommended that if you choose to do this work yourself that a factory service manual be obtained for the proper procedures pertaining to removal, replacement and proper torque specifications for your vehicle. This instruction set is intended as a guideline for the safe installation of Energy Suspension's polyurethane bushings, once you have removed the factory components from your vehicle.

### Other Energy Suspension Sets Available for this vehicle:

16-3104	Rear end control arm set (lower only)
16-8102	Front shock bushing set
16-8103	Rear shock bushing set
16-7102	Front strut bushing set
16-13101	Balljoint boot set
9-13103	Tie-rod boots
16-1102	Manual trans. shifter stabilizer
16-10102	Steering rack bushing



**17139**

3/25/97 KN  
Updated 15/FEB/02 BRH  
Updated 13/AUG/03 BRH

Part number engraved on bushings  
should face each other when installed properly.