

# Installation Instructions For set # 4.4125

08-16 Ford F-250,350,450 & 550 REGULAR CAB &  
SUPER CAB Body Mount Bushings

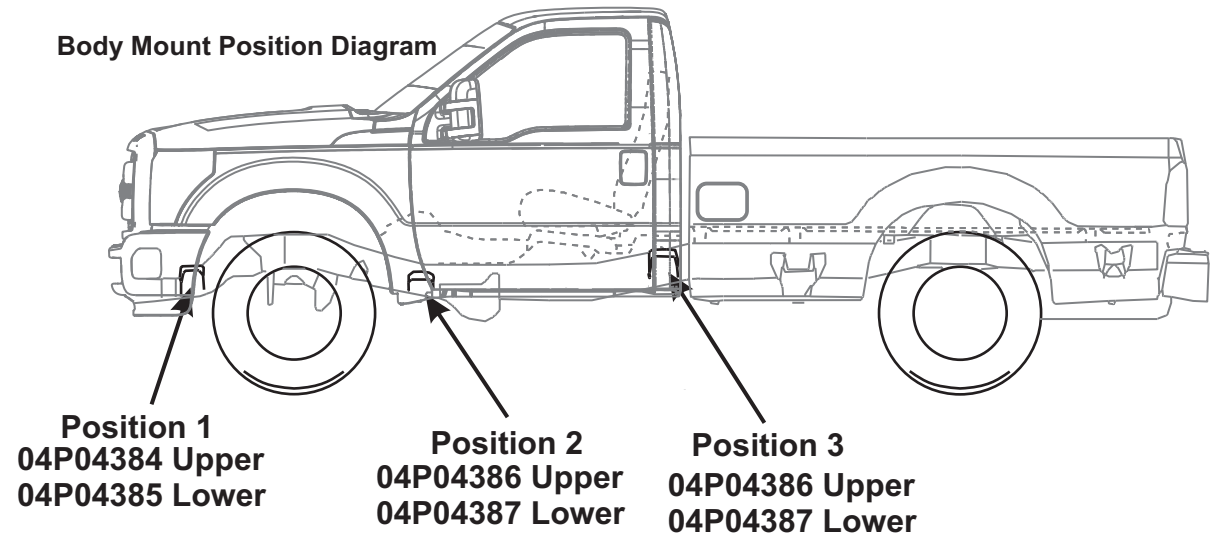
**ENERGY**  
**SUSPENSION**   
1131 VIA CALLEJON, SAN CLEMENTE, CA 92673

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. Wheel alignment is almost always disturbed when suspension components are removed or replaced. It is recommended that you have the alignment checked on your vehicle at a qualified alignment shop. Energy Suspension recommends that you read over all the installation instructions and check all P/N's and quantities in the parts list before you start. Call customer service at 949-361-3935 if the parts in your kit do not match this parts list. Prior to installation, make sure that your car is in excellent mechanical condition and that there are no suspension or steering related problems. This part has been designed to work only with a car that is in a good state of repair.

## REMOVAL

**NOTE: DO NOT USE IMPACT TOOLS TO REMOVE BOLTS! USE HAND TOOLS ONLY!** Remove bolts one side at a time, leaving other side loose. Place floor jacks under body in two places, one behind position 2 and one in front of position 4. Use a wood block under body to spread load. Raise vehicle body, approximately 25 mm (1"). **Note:** Driver side parking brake cable must be detached next to rear spring eye and at position 2 frame perch for slack to lift body. (Pic. 1 & 2) Lift body evenly and watch for anything that might require loosening such as brake & fuel lines, battery cables, electrical wires, steering column and fan & shroud. Upper and lower body mounts are pressed together with a flare fit from the factory. (Pic. 3) Use spray lube to help remove old rubber bushings from factory metal hardware, (Pic. 4) The factory hardware must be reused. Reinstall new polyurethane bushings supplied. (See body mount position diagram.) Use wire wheel to clean all thread locking compound from threads of bolts. Remove and discard orange plastic retainers from upper mounts, they will interfere when reinstalling bolts. (Pic.5) Slowly lower body evenly until cab just touches top of upper mounts. Install lower positions and bolts leaving bolts loose. Finish lowering body rest of the way down and remove floor jacks and wood blocks. Repeat on other side. With all new polyurethane mounts in place, remove and apply blue thread locking compound to threads of all body mount bolts. Reinstall body mount bolts and torque to 103 N.m (76 lb-ft).

Body Mount Position Diagram



### Parts list:

- 2 - 04P04384 Position 1 Top Bushing
- 2 - 04P04385 Position 1 Bottom Bushing
- 4 - 04P04386 Position 2 & 3 Top Bushing
- 4 - 04P04387 Position 2 & 3 Bottom Bushing

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**1**  
Release park brake cable clip from position 2 frame perch on driver's side before lifting body.



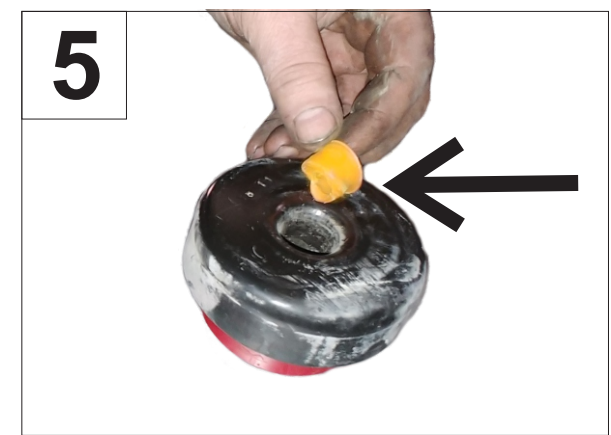
**2**  
Unhook park brake cable located near rear main spring eye on driver's side.



**3**  
Use large tongue and groove pliers to separate bottom half of body mount.



**4**  
Use spray lube and pry-bar to remove old rubber body mount from O.E. metal.



**5**  
Discard orange plastic bolt retainers from top side of all body mounts