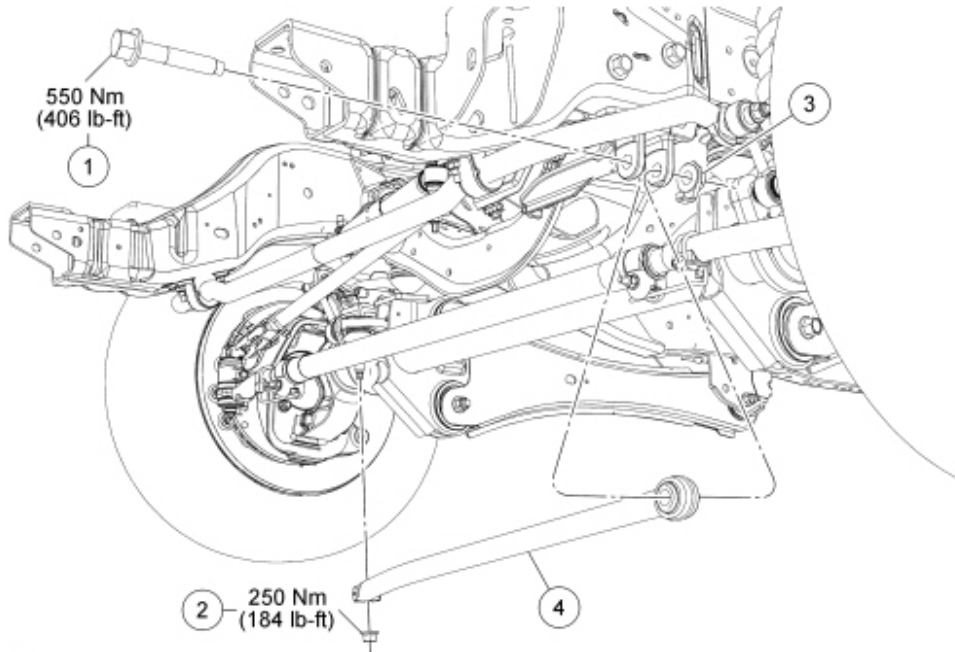




2005-2023 Ford Superduty F250/F350 Trac Bar Bushing Instructions



***** We recommend that you place the vehicle on ramps or leave it on the ground. This makes it much easier to remove the trac bar bolt and realign it on assembly. In short, the suspension needs to be loaded whether on the ground or a rack this makes the installation as easy as possible.



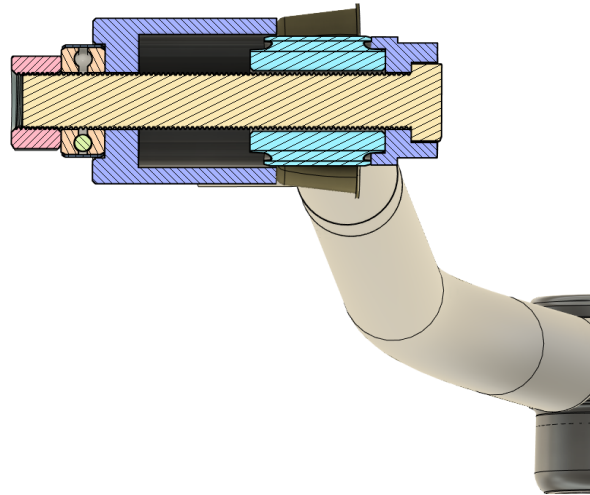
1. Remove the front sway bar brackets. Leaving the sway bar links connected.



2. Drop the sway bar down. This will allow access to the main trac bar bolt and nut on the frame bracket. Remove the nut and bolt. We recommend loosening with a breaker bar and wrench and then removing the rest of the way with an impact.



3. Once the frame end is loose, drop the trac bar down and use the SPE Removal Tool so that the bar can remain on the truck. Install the puller as shown.



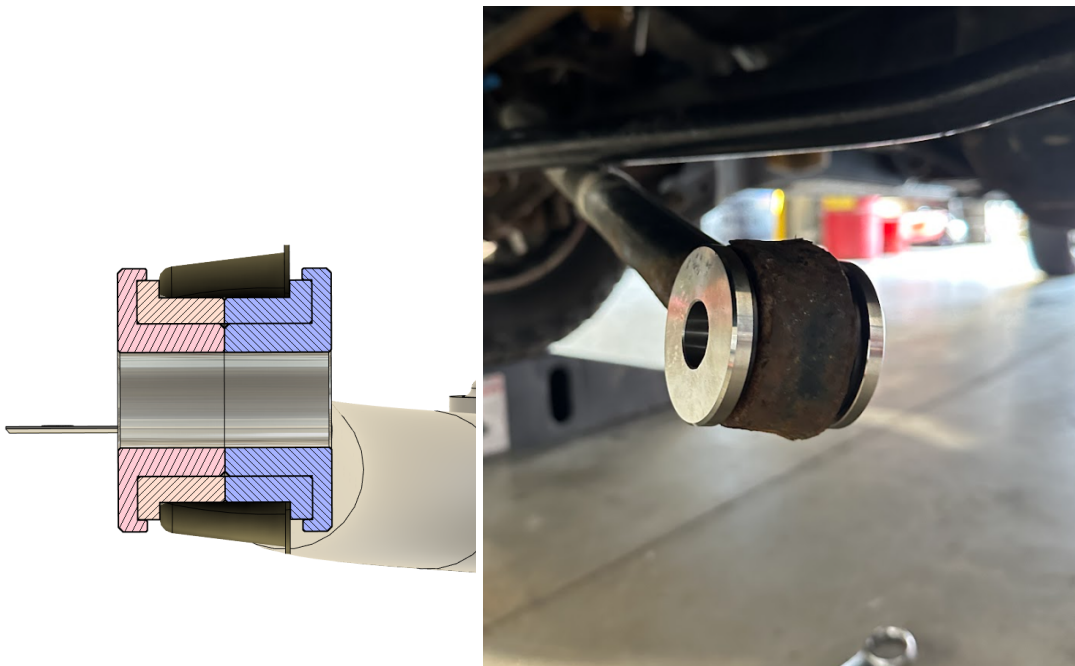
4. Using an impact gun and wrench tighten the puller and draw the bushing out of the bar.



5. After removing the bushing from the trac bar it is critical that the faces be cleaned off as shown. We recommend using an abrasive pad or sandpaper. The new bushing will utilize the faces of the bar.



6. Once the surface are sanded, smooth and lightly lube both halves of the new bushing assembly and press them into the trac bar. You may need to tap them in lightly. Take care, it will not take a lot of effort to get them in.



7. Push the trac bar back into the bracket, tap into place. Have someone inside the vehicle move the steering wheel to help line the bolt hole up with the bracket. Slide the OEM Bolt through and reinstall the nut.



8. Tight the OEM Bolt to 406 LB-FT. We recommend impacting it tight, and then finish torquing with a torque wrench. It may be easier to torque with the front wheel removed once you get the bolt in and snug.



9. Reinstall the front sway bar brackets.



10. **THIS STEP IS VERY IMPORTANT!!!!!!**

Since you are under your truck, check the rest of your suspension joints and general suspension/steering health. Make sure to do this because if any other joints are bad, this upgraded bushing will not be able to do its job properly. Also, check your tires for proper wear, and make sure there are no broken belts. Check the suspension alignment. If everything else is healthy, you will notice immediately the difference in feel and directness of the handling and ride. Death Wobble will be a thing of the past!