



How to change rear
upper arm on **BMW E39**
– replacement guide

VIDEO TUTORIAL



Important!

This replacement procedure can be used for:

BMW 7 (E38) 730i / iL 3.0, BMW 7 (E38) 740i / iL 4.0, BMW 7 (E38) 750i / iL 5.4, BMW 5 Saloon (E39) 525tds 2.5, BMW 5 Saloon (E39) 523i 2.5, BMW 5 Saloon (E39) 528i 2.8, BMW 7 (E38) 740i / iL 4.4, BMW 7 (E38) 728i / iL 2.8, BMW 7 (E38) 735i / iL 3.5, BMW 7 (E38) 725tds 2.5, BMW 5 Saloon (E39) 540i 4.4, BMW 5 Saloon (E39) 535i 3.5, BMW 5 Touring (E39) 520i 2.0, BMW 5 Touring (E39) 523i 2.5, BMW 5 Touring (E39) 540i 4.4, (+ 20)

The steps may slightly vary depending on the car design.

REPLACEMENT: REAR UPPER ARM – BMW E39. LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Combination spanner #16
- Combination spanner #22
- Drive socket # 10
- Drive socket # 16
- Drive socket # 22
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Hydraulic transmission jack
- Wheel chock

BUY TOOLS

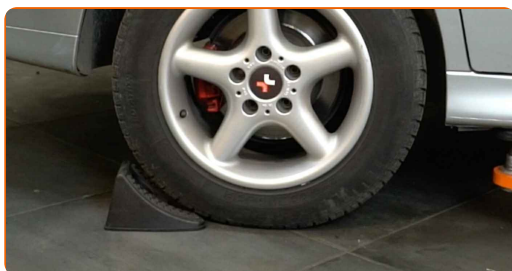
Replacement: rear upper arm – BMW E39. Professionals recommend:

- The replacement procedure is identical for the right and left upper control arms.
- All work should be done with the engine stopped.

REPLACEMENT: REAR UPPER ARM – BMW E39. TAKE THE FOLLOWING STEPS:

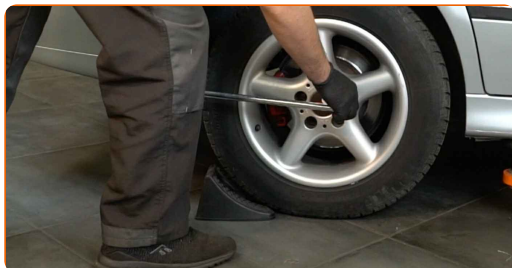
1

Secure the wheels with chocks.



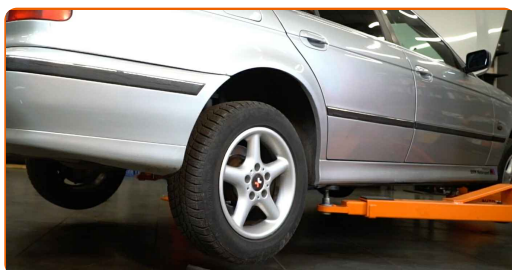
2

Loosen the wheel mounting bolts. Use wheel impact socket #17.



3

Raise the rear of the car and secure on supports.



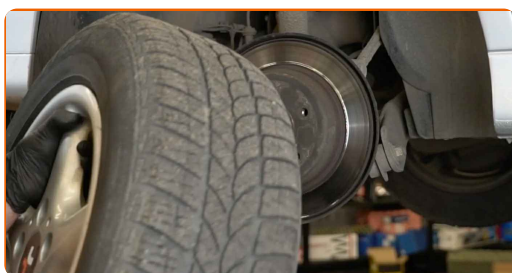
4 Unscrew the wheel bolts.



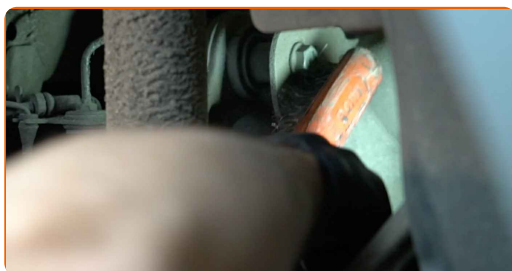
AUTODOC recommends:

- Important! Hold the wheel while unscrewing the fastening bolts. BMW E39

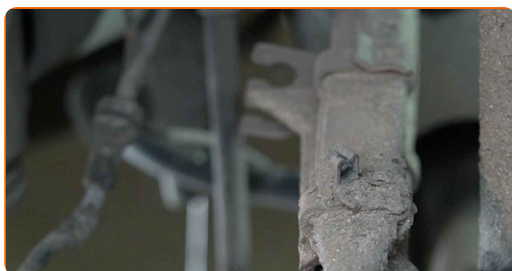
5 Remove the wheel.



6 Clean all joints of the arm. Use a wire brush. Use WD-40 spray.



7 Disconnect the ABS sensor wiring.

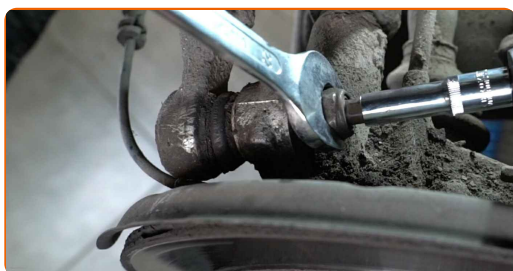


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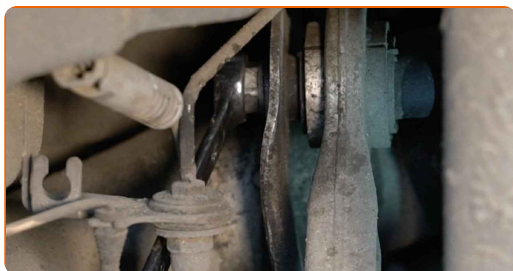
Clean all joints of the arm. Use a wire brush. Use WD-40 spray.


9

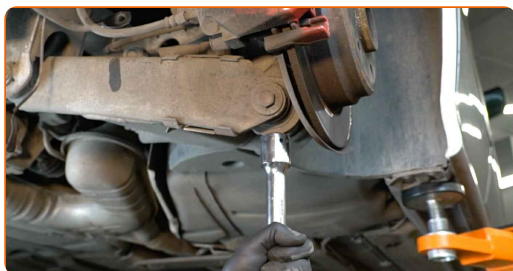
Unscrew the fastener connecting the control arm to the rear knuckle. Use a combination spanner #22. Use a drive socket #10. Use a ratchet wrench.


10

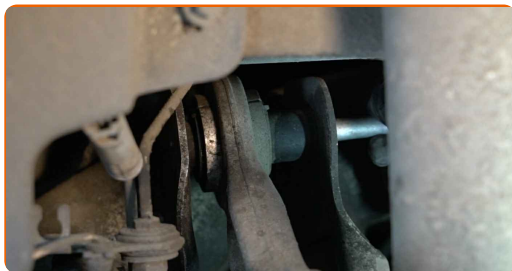
Unscrew the arm fastening to the beam. Use a combination spanner #16.


11

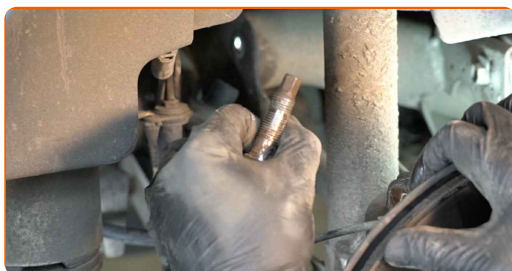
Support the arm. Use a hydraulic transmission jack.



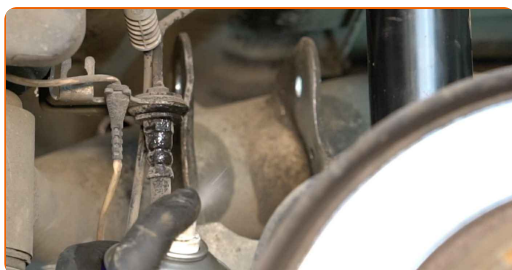
12 Remove the fastening bolt.



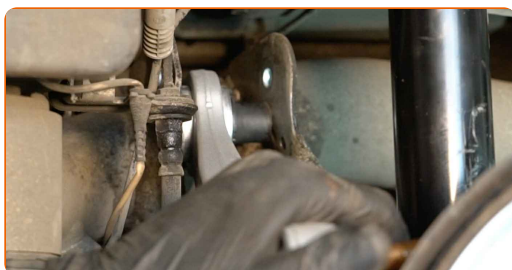
13 Remove the rear upper arm.



14 Clean the mounting seats and the thread of the suspension arm. Use a wire brush. Use WD-40 spray.



15 Mount the rear upper arm.



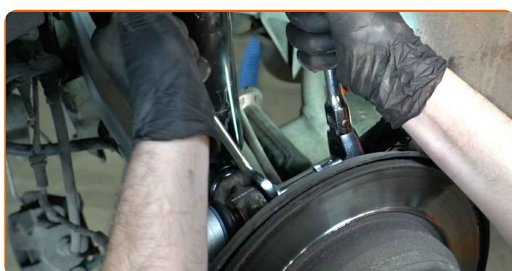
Replacement: rear upper arm – BMW E39. AUTODOC recommends:

- During the installation process, use only new bolts and nuts.
- Do not damage the ball joint cover.

- 16 Install the fastening bolt.



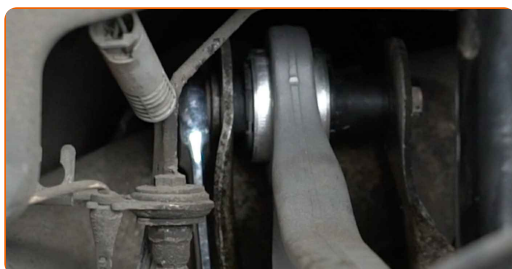
- 17 Screw in the fastener that connects the control arm to the rear knuckle. Use a combination spanner #22. Use a drive socket #10. Use a ratchet wrench.



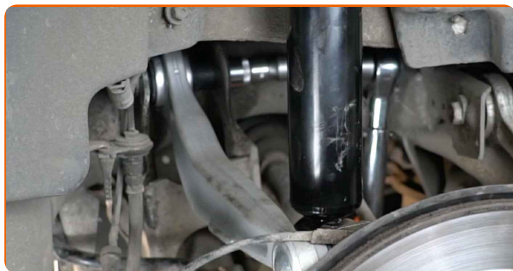
- 18 Tighten the fastener connecting the suspension arm to the rear knuckle. Use a drive socket #22. Use a torque wrench. Tighten it to 142 Nm torque.



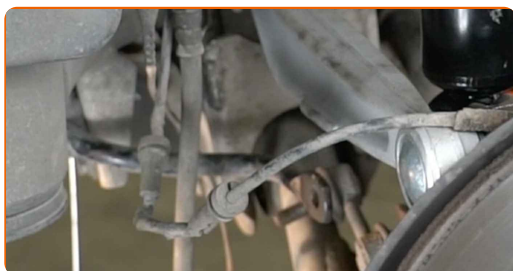
- 19 Screw in the fastener connecting the control arm to the subframe. Use a combination spanner #16.



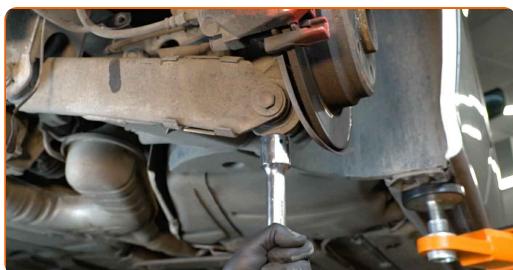
20 Tighten the arm fastening to the beam. Use a drive socket #16. Use a torque wrench. Tighten it to 110 nm torque.



21 Connect the ABS sensor wiring.



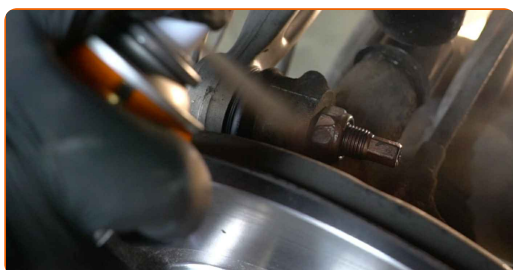
22 Remove the support from under the arm.



AUTODOC recommends:

- BMW E39 – Do not lower the transmission jack sharply to avoid damaging components and mechanisms of the car.

23 Treat all joints of the arm. Use copper grease.



24

Treat the surface where the brake disc contacts the wheel rim. Use copper grease.



25

Clean the brake disk surface. Use a brake cleaner.

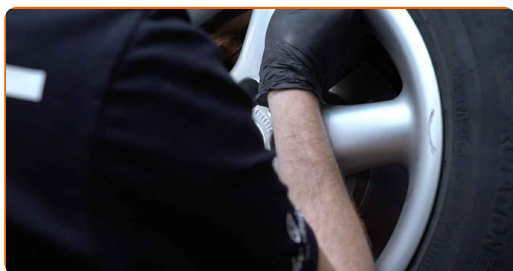


Replacement: rear upper arm – BMW E39. Tip from AUTODOC:

- After applying the spray, wait a few minutes.

26

Install the wheel.

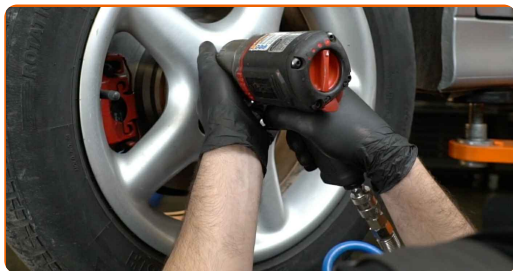


AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. BMW E39

27

Screw in the wheel bolts. Use wheel impact socket #17.



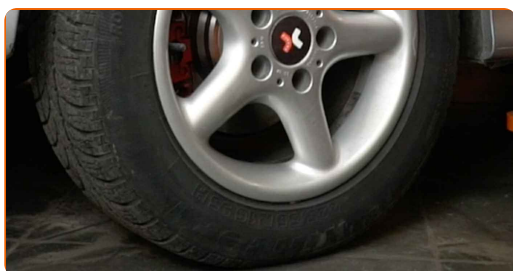
28

Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #17. Use a torque wrench. Tighten it to 120 Nm torque.



29

Remove the jacks and chocks.



WELL DONE! 

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