



How to change rear  
shock absorbers on **BMW**  
**3 Touring (E36)** –  
replacement guide

## SIMILAR VIDEO TUTORIAL



This video shows the replacement procedure of a similar car part on another vehicle

### **Important!**

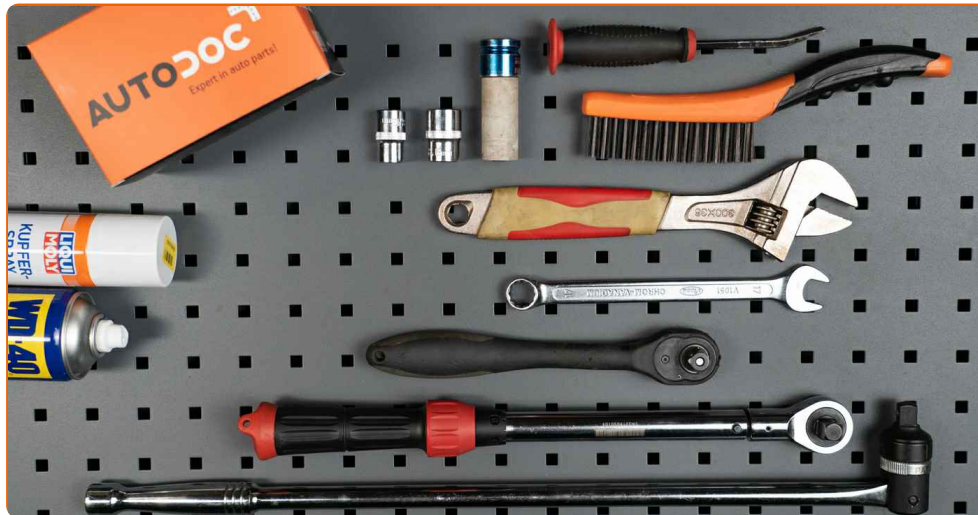
This replacement procedure can be used for:

BMW 3 Touring (E36) 320i 2.0, BMW 3 Touring (E36) 328i 2.8, BMW 3 Touring (E36) 318tds 1.7, BMW 3 Touring (E36) 325tds 2.5, BMW 3 Touring (E36) 323i 2.5, BMW 3 Touring (E36) 318i 1.8, BMW 3 Touring (E36) 316i 1.6

The steps may slightly vary depending on the car design.

This tutorial was created based on the replacement procedure for a similar car part on: BMW 3 Convertible (E46) 318Ci 2.0

REPLACEMENT: SHOCK ABSORBERS – BMW 3  
TOURING (E36). LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Copper grease
- Combination spanner #17
- Drive socket # 13
- Drive socket # 18
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Adjustable wrench
- Tap wrench
- Crow bar
- Vice
- Hydraulic transmission jack
- Wheel chock

[Buy tools](#)

Replacement: shock absorbers – BMW 3 Touring (E36). AUTODOC recommends:

- Both shock absorbers of the rear suspension should be replaced simultaneously.
- The replacement procedure is identical for the left and right shock absorbers of the rear suspension.
- Please note: all work on the car – BMW 3 Touring (E36) – should be done with the engine switched off.

**CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:**

**1** Press and hold the folding roof control switch. Hold the button pressed until you get access to the upper fasteners of the shock absorber.

**2** Remove the shock strut mount caps. Use a crowbar.



**3** Clean the fasteners of the shock absorber upper mount. Use WD-40 spray.



4

Loosen the upper fastener of the shock absorber. Use a drive socket #13. Use a ratchet wrench.



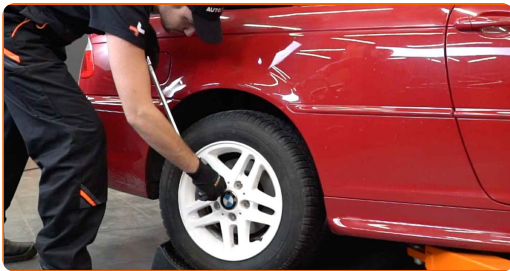
5

Secure the wheels with chocks.



6

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

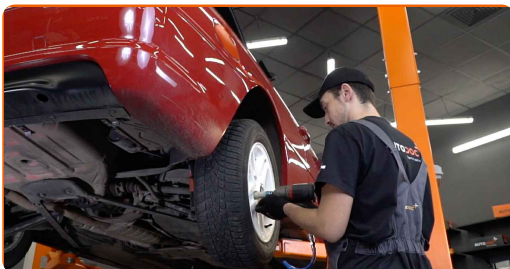


7

Raise the rear of the car and secure on supports.

8

Unscrew the wheel bolts.



Replacement: shock absorbers – BMW 3 Touring (E36). Tip:

- To avoid injury, hold up the wheel when unscrewing the bolts.

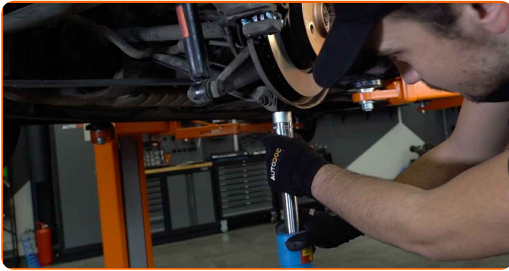
9

Remove the wheel.



10

Support the arm. Use a hydraulic transmission jack.



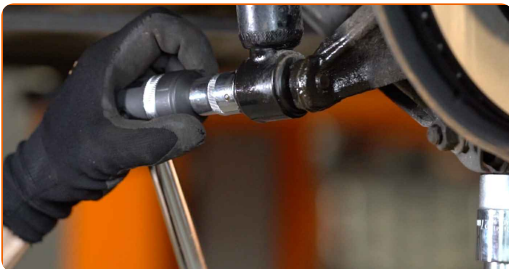
11

Clean the shock absorber fasteners. Use a wire brush. Use WD-40 spray.



12

Unscrew the lower fastener of the shock absorber. Use a drive socket #18. Use a tap wrench.



13 Remove the fastening bolt.



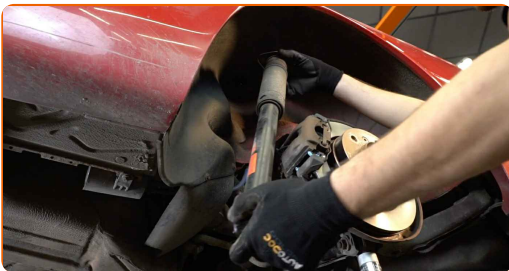
14 Unscrew the upper fastener of the shock absorber. Use a drive socket #13. Use a ratchet wrench.



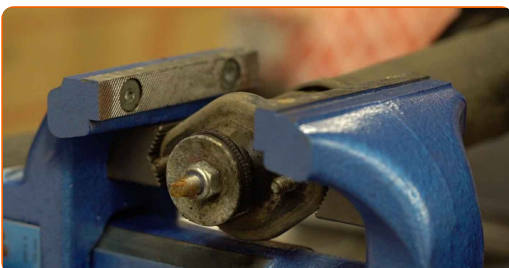
**AUTODOC recommends:**

- Important! Hold the shock absorber while unscrewing the fastening bolts. BMW 3 Touring (E36)

15 Remove the shock absorber.

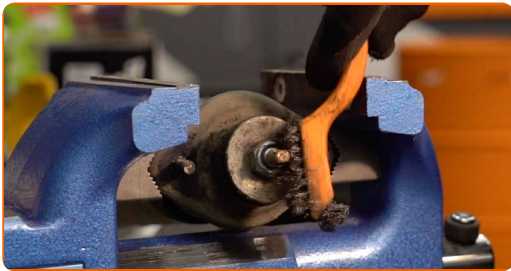


16 Grip the shock absorber in a vice.



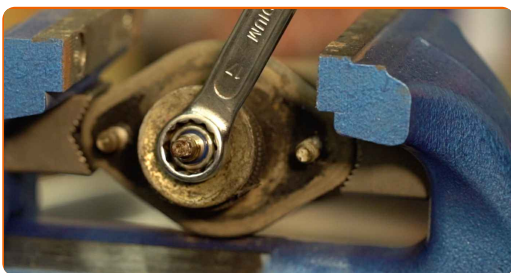
17

Clean the shock absorber rod fastener. Use a wire brush.



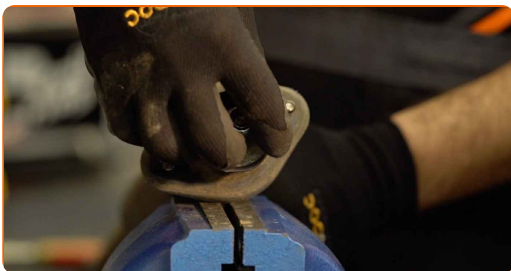
18

Remove the shock absorber piston rod fastening. Use a combination spanner #17.



19

Release the vice and take out the shock absorber.



20

Remove the shock absorber mount, boot and bump stop.



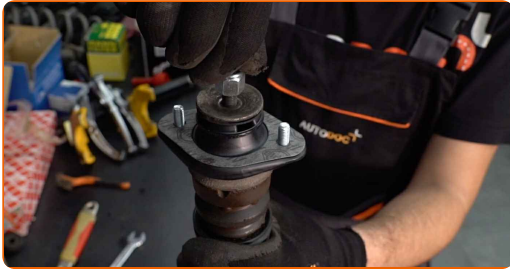


Replacement: shock absorbers – BMW 3 Touring (E36). AUTODOC recommends:

- Thoroughly examine the shock absorber mount, dust boot, bump stop. Replace them if necessary.
- Before installing a new shock absorber you should pump it manually 3-5 times.

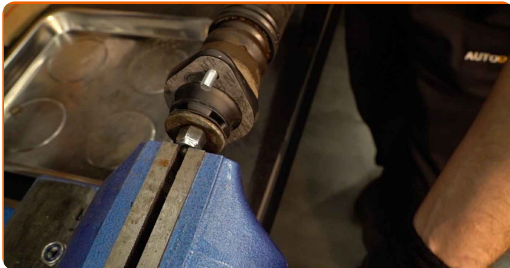
21

Install the mount, boot and bump stop onto a new shock absorber.



22

Grip the shock absorber in a vice.



23

Screw the shock strut piston rod upper fastening. Use a combination spanner #17. Use an adjustable wrench. Use a torque wrench. Tighten it to 20 Nm torque.



24

Release the vice and take out the shock absorber.



25

Clean the shock absorber mounting seats. Use a wire brush. Use WD-40 spray.



26

Place the shock absorber in the wheel arch and secure it.



Replacement: shock absorbers – BMW 3 Touring (E36). AUTODOC experts recommend:

- To avoid injury, hold the shock absorber cautiously tight when screwing in the fastening bolts.

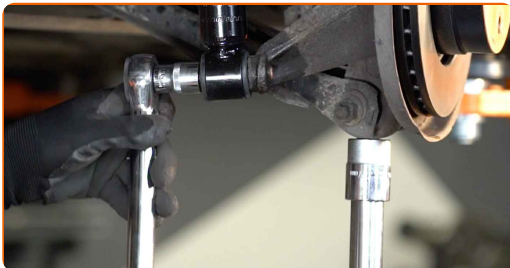
27

Screw the upper fastener of the shock absorber. Use a drive socket #13. Do not tighten it.



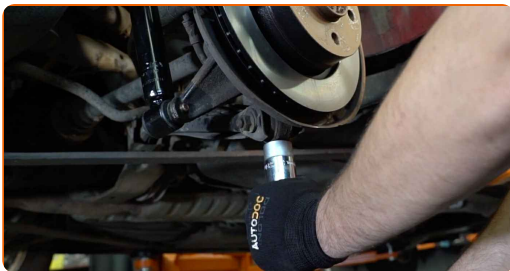
28

Tighten the lower fastener of the shock absorber. Use a drive socket #18. Use a torque wrench. Tighten it to 100 Nm torque.



29

Remove the support from under the arm.



### AUTODOC recommends:

- Replacement: shock absorbers – BMW 3 Touring (E36). Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

30

Clean the wheel rim mounting seat. Use a wire brush. Treat the contacting surface. Use copper grease.



31

Install the wheel.



**AUTODOC recommends:**

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. BMW 3 Touring (E36)

32

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



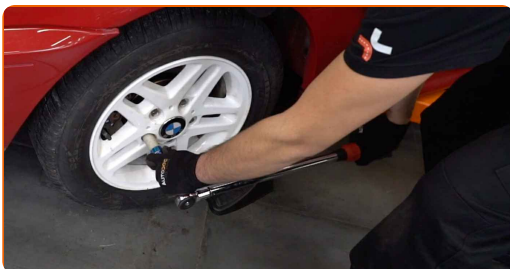
- 33** Tighten the top shock absorber fastening. Use a drive socket #13. Use a torque wrench. Tighten it to 28 Nm torque.



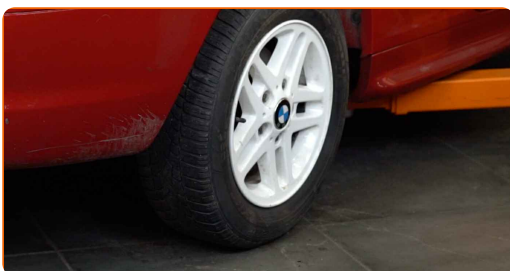
- 34** Install the shock strut mount caps.



- 35** Lower the car and working in a cross order, tighten the wheel bolts. Use a torque wrench. Tighten it to 120 Nm torque.



- 36** Remove the jacks and chocks.



**WELL DONE!** 

**VIEW MORE TUTORIALS**

## AUTODOC – TOP QUALITY AND AFFORDABLE CAR PARTS ONLINE

**AUTODOC MOBILE APP: GREAT DEALS AND CONVENIENT SHOPPING**

**AUTODOC**

GET IT ON  
**Google Play**

Download on the  
**App Store**

**Download**

**A GREAT SELECTION OF SPARE PARTS FOR YOUR CAR**

**SHOCK ABSORBERS: A WIDE SELECTION**

### **(i) DISCLAIMER:**

The document contains only general recommendations that may be useful for you when you perform repair or replacement work. AUTODOC shall not be liable for any loss, injury, damage of property occurring in the repair or replacement process due to incorrect use or misinterpretation of the provided information.

AUTODOC shall not be liable for any possible mistakes and uncertainties in this guide. The information provided is for information purposes only and cannot replace advice from specialists.

AUTODOC shall not be liable for incorrect or hazardous usage of equipment, tools and car parts. AUTODOC strongly recommends to be careful and observe the safety rules when performing repair or replacement works. Remember: usage of low quality auto parts does not guarantee you the appropriate level of road safety.

© Copyright 2022 – All the contents of this website, in particular texts, photographs and graphics, are protected by copyright. All rights, including reproduction, publication, editing and translation rights, are reserved by AUTODOC GmbH.