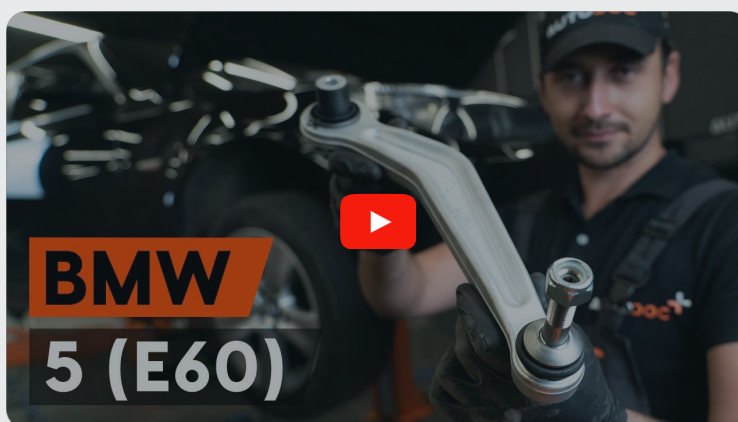




How to change rear  
upper arm on **BMW 5**  
**Touring (E39)** –  
replacement guide

### 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 5 Touring (E39) 520i 2.0, BMW 5 Touring (E39) 523i 2.5, BMW 5 Touring (E39) 540i 4.4, BMW 5 Touring (E39) 528i 2.8, BMW 5 Touring (E39) 530d 3.0, BMW 5 Touring (E39) 525tds 2.5, BMW 5 Touring (E39) 520d 2.0, BMW 5 Touring (E39) 525d 2.5, BMW 5 Touring (E39) 520i 2.2, BMW 5 Touring (E39) 525i 2.5, BMW 5 Touring (E39) 530i 3.0

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 5 Saloon (E60) 525d 2.5

**REPLACEMENT: REAR UPPER ARM – BMW 5 TOURING (E39). LIST OF THE TOOLS YOU'LL NEED:**



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Combination spanner #18
- Combination spanner #21
- Drive socket # 18
- Drive socket # 21
- Torx bit T40
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Tap wrench
- Crow bar
- Wheel chock

**Buy tools**

Replacement: rear upper arm – BMW 5 Touring (E39). AUTODOC experts recommend:

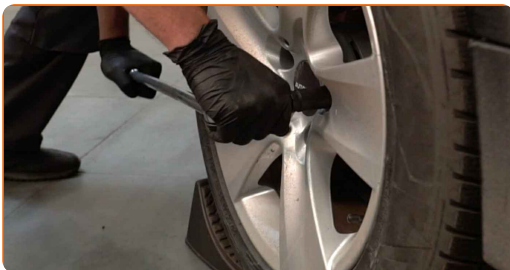
- The replacement procedure is identical for the right and left upper control arms.
- Please note: all work on the car – BMW 5 Touring (E39) – should be done with the engine switched off.

## CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

**1** Secure the wheels with chocks.

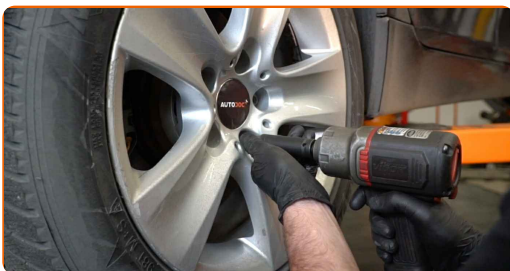


**2** Loosen the wheel mounting bolts. Use wheel impact socket #17.



**3** Raise the rear of the car and secure on supports.

**4** Unscrew the wheel bolts.

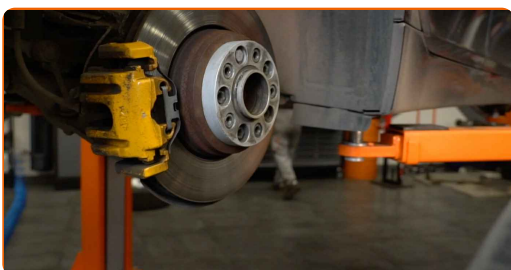


**AUTODOC recommends:**

- Important! Hold the wheel while unscrewing the fastening bolts. BMW 5 Touring (E39)

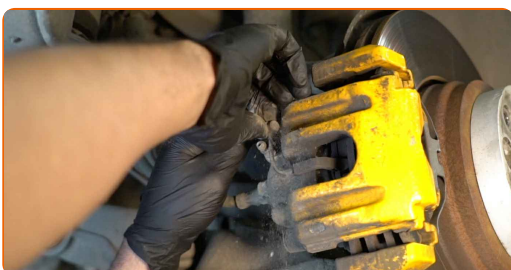
**5**

Remove the wheel.



**6**

Disconnect the brake pads wear sensor.

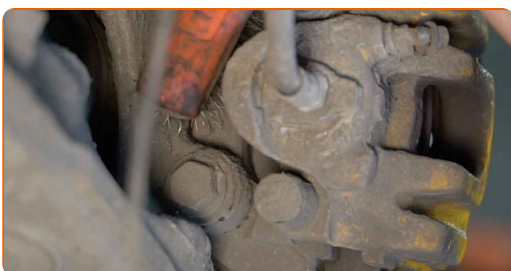


**Please note!**

- Some cars are not equipped with the brake pad wear sensor.

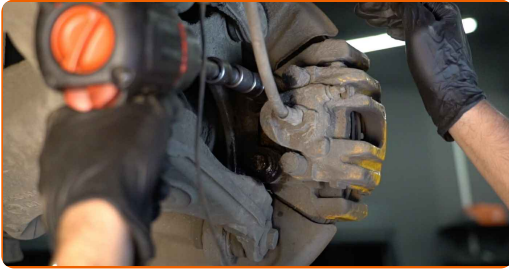
**7**

Clean the brake caliper bracket fasteners. Use a wire brush. Use WD-40 spray.



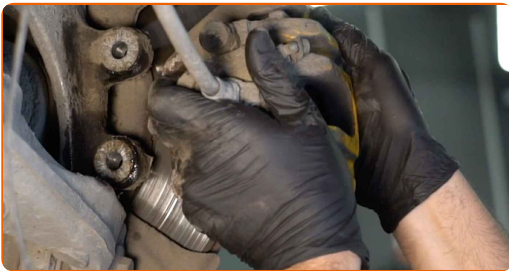
8

Unscrew the caliper bracket fastening. Use a drive socket #18. Use a tap wrench.



9

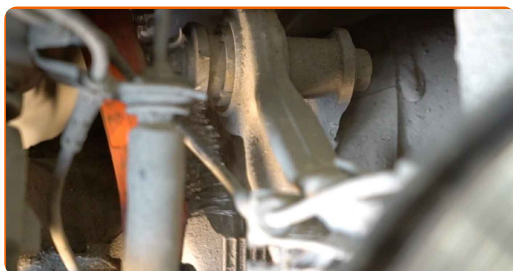
Remove the brake caliper together with its bracket.



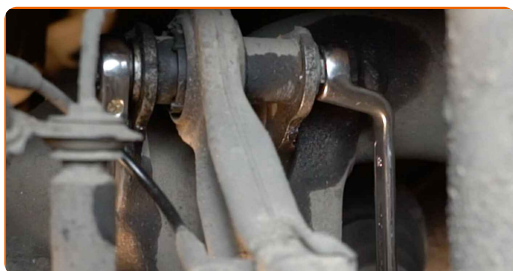
**AUTODOC recommends:**

- Tie the caliper to the suspension or to the body with a wire without disconnecting from the brake hose to prevent depressurization of the brake system.
- Make sure that the brake caliper is not hanging on the brake hose.
- Don't press the brake pedal after the brake caliper has been removed. As a result, the piston can fall out from the brake cylinder, and brake fluid leakage and depressurization of the system may occur.

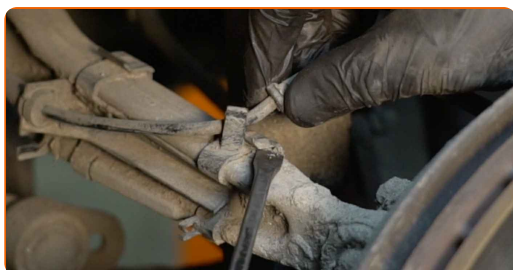
**10** Clean the fasteners connecting the control arm to the subframe. Use a wire brush. Use WD-40 spray.



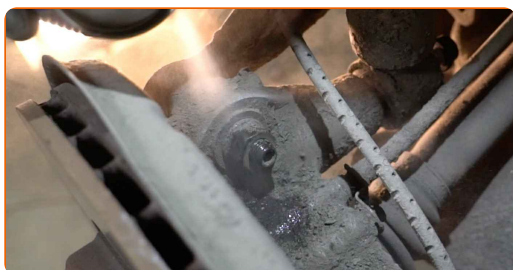
**11** Unscrew the arm fastening from the subframe. Use a combination spanner #18 (2 pieces).



**12** Disconnect the ABS sensor wiring. Use a crowbar.

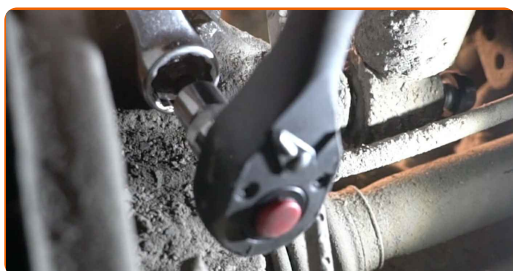


**13** Clean all joints of the arm. Use a wire brush. Use WD-40 spray.

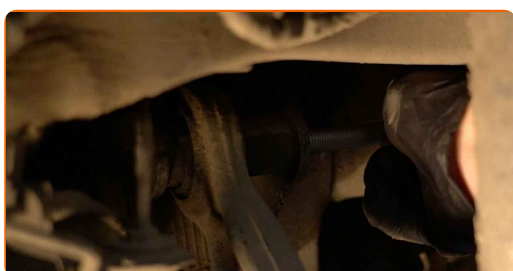




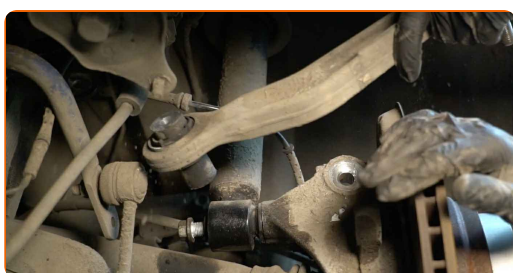
- 14 Unscrew the fastener connecting the control arm to the rear knuckle. Use a combination spanner #21. Use Torx T40. Use a ratchet wrench.



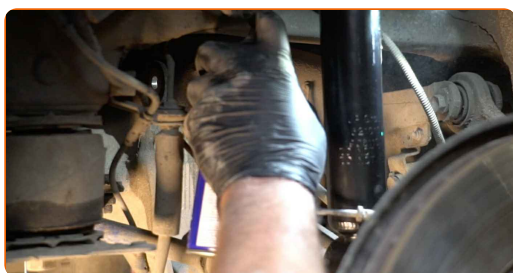
- 15 Remove the fastening bolt.



- 16 Remove the rear upper arm.



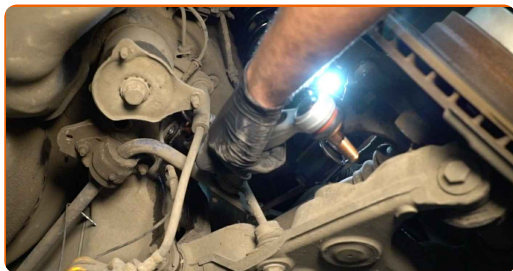
- 17 Clean the mounting seats and the thread of the suspension arm. Use a wire brush. Use WD-40 spray.





18

Mount the rear upper arm.



Replacement: rear upper arm – BMW 5 Touring (E39). AUTODOC recommends:

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

19

Install the fastening bolt.



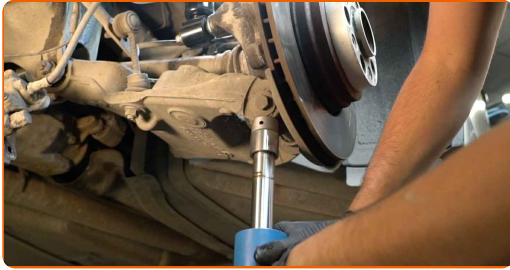
20

Screw in the fastener that connects the control arm to the rear knuckle. Use a drive socket #21. Use a ratchet wrench.



**21**

Support the stub axle. Use a hydraulic transmission jack.



**22**

Tighten the fastener connecting the suspension arm to the rear knuckle. Use a drive socket #21. Use a torque wrench. Tighten it to 165 Nm torque.



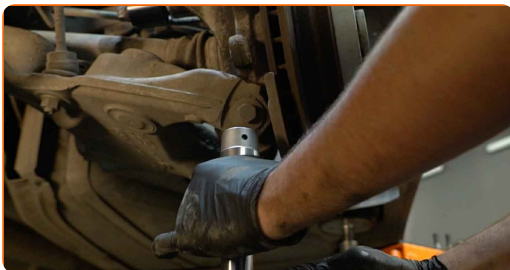
**23**

Tighten the arm fastening to the subframe. Use a combination spanner #18. Use a drive socket #18. Use a torque wrench. Tighten it to 100 Nm torque.



**24**

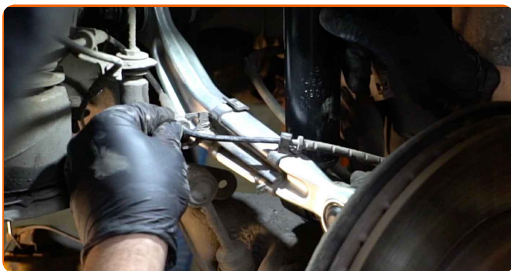
Remove the support from under the stub axle.



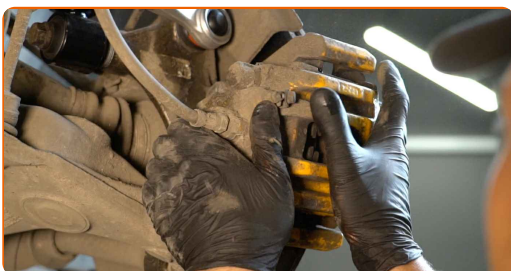
**AUTODOC recommends:**

- Replacement: rear upper arm – BMW 5 Touring (E39). Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

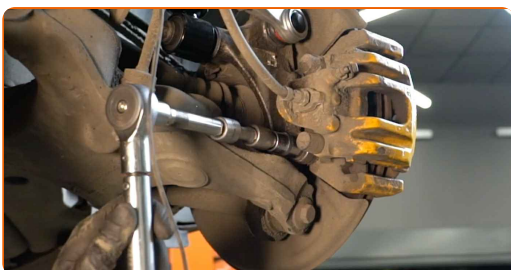
**25** Connect the ABS sensor wiring.



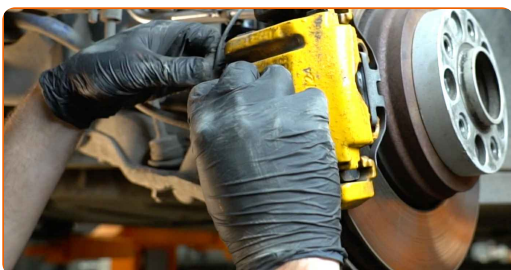
**26** Install the brake caliper together with its bracket.



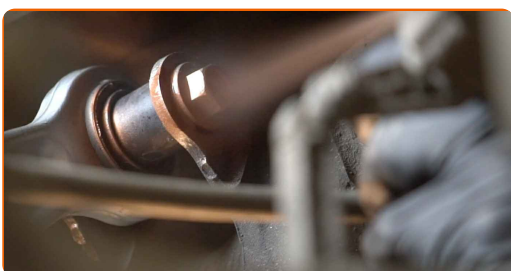
**27** Tighten the brake caliper bracket. Use a drive socket #18. Use a torque wrench. Tighten it to 110 Nm torque.



**28** Connect the brake pads wear sensor.



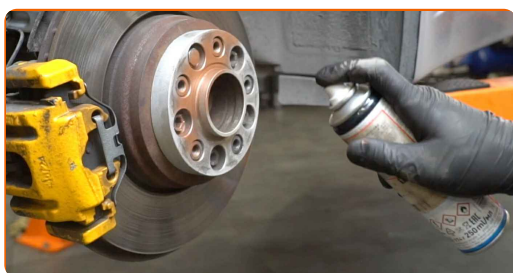
**29** Treat all joints of the arm. Use copper grease.



**30** Clean the wheel rim mounting seat. Use a wire brush.



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



**32** Clean the brake disk surface. Use a brake cleaner.



Replacement: rear upper arm – BMW 5 Touring (E39). Tip from AUTODOC:

- After applying the spray, wait a few minutes.

**33** Install the wheel.

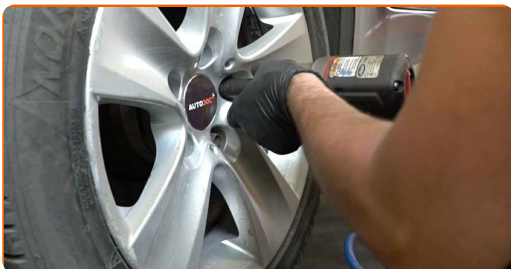


Replacement: rear upper arm – BMW 5 Touring (E39). Tip:

- To avoid injury, hold up the wheel when screwing in the fastening bolts.

34

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



35

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.



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**

**CONTROL ARM: A WIDE SELECTION**

### **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 2023 – 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 SE.