



How to change rear coil
springs on **Honda CR-V II**
– replacement guide

VIDEO TUTORIAL



Important!

This replacement procedure can be used for:
HONDA CR-V II (RD_) 2.0 (RD4)

The steps may slightly vary depending on the car design.

REPLACEMENT: COIL SPRINGS – HONDA CR-V II. LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Drive socket # 14
- Drive socket # 17
- Combination spanner #17
- HEX bit no.H6.
- Wheel impact socket #19
- Ratchet wrench
- Torque wrench
- Hydraulic strut spring compressor
- Flat Screwdriver
- Tap wrench
- Crow bar
- Hydraulic transmission jack
- Fender cover
- Wheel chock

[BUY TOOLS](#)

Replacement: coil springs – Honda CR-V II. AUTODOC experts recommend:

- Both coil springs of the rear suspension should be replaced simultaneously.
- The replacement procedure is identical for the left and right coil springs of the rear suspension.
- Please note: all work on the car – Honda CR-V II – 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 #19.



3

Raise the rear of the car and secure on supports.



4

Unscrew the wheel bolts.



AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts.
Honda CR-V II

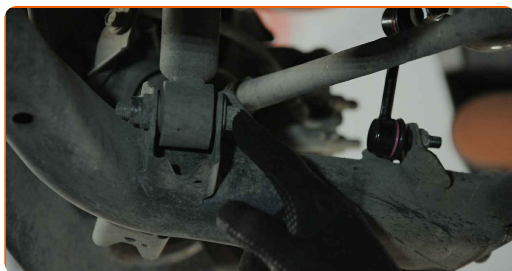
5

Remove the wheel.



6

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



7

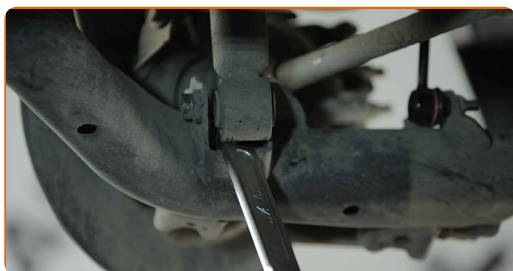
Unscrew the lower fastener of the shock absorber strut. Use a drive socket #17. Use a tap wrench. Use a ratchet wrench.



- 8 Remove the fastening bolt. Use a crowbar.



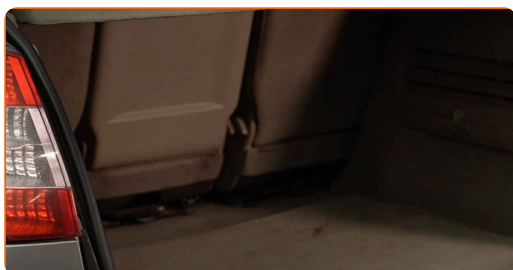
- 9 Detach the bottom part of the shock strut. Use a crowbar.



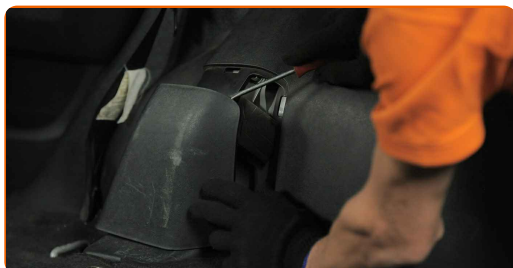
- 10 Lower the car.



- 11 Open the boot lid.

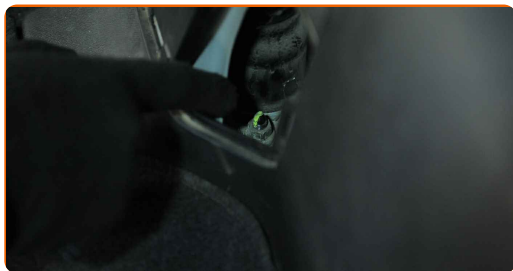


- 12 Remove the side plastic cover. Use a flat screwdriver.



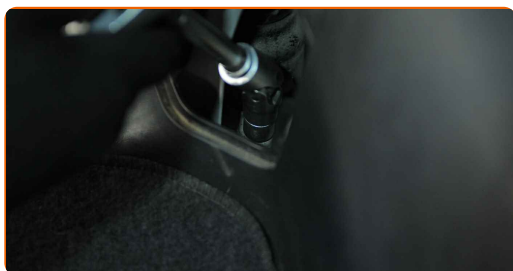
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Clean the fasteners of the shock strut upper mount. Use a wire brush. Use WD-40 spray.



14

Unscrew the top fastening of the shock strut mount. Use a drive socket #14. Use a ratchet wrench.

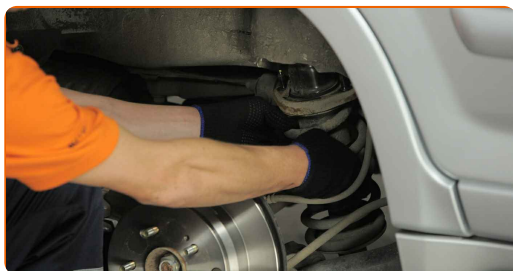


AUTODOC recommends:

- Honda CR-V II – To avoid injury, hold the suspension strut while unscrewing the fastening bolts.

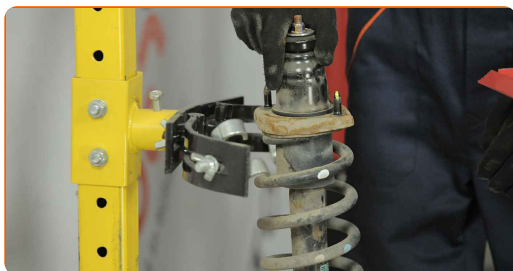
15

Remove the suspension strut.



16

Set the shock absorber strut on the spring compressor tool.



Replacement: coil springs – Honda CR-V II. Tip from AUTODOC experts:

- Note that when using a spring compressor, spring coils need to be securely gripped, compressing the spring on the opposite sides.
- Ensure the correct position of the spring in the retainer.
- Make sure that the spring coils tightly entered the lock handles.

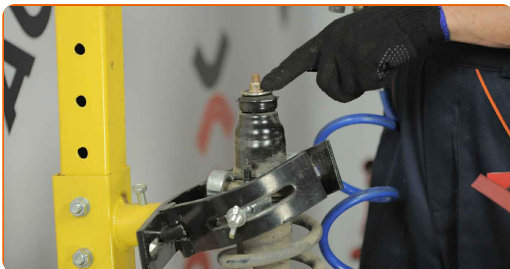
17

Compress the spring.



18

Treat the shock strut rod. Use a wire brush. Use WD-40 spray.



19

Remove the strut piston rod nut. Use a combination spanner #17. Use HEX No.H6. Use a ratchet wrench.



20 Release the coil spring.



21 Remove the top strut mount.



22 Remove the spring.



AUTODOC recommends:

- Replacement: coil springs – Honda CR-V II. Carefully inspect the mount, the boot, and the bump stop of the shock absorber. Replace if necessary.

23 Install the spring on the shock absorber.



- 24** Install the upper strut mount and the strut mount bearing.



- 25** Compress the spring.



- 26** Tighten the shock strut piston rod nut. Use a combination spanner #17. Use HEX No.H6. Use a torque wrench. Tighten it to 29 Nm torque.



Replacement: coil springs – Honda CR-V II. Professionals recommend:

- Check to make sure the spring is positioned correctly. Avoid its misalignment.

- 27** Decompress the spring.

- 28** Treat the shock strut rod. Use copper grease.

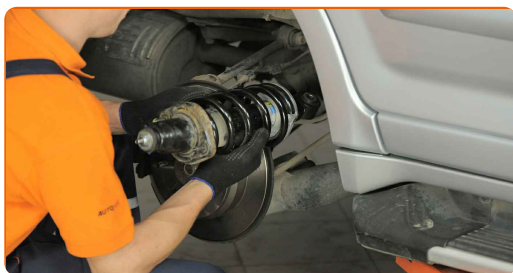
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Remove the assembled shock strut.



30

Install the shock strut into the wheel arch.



31

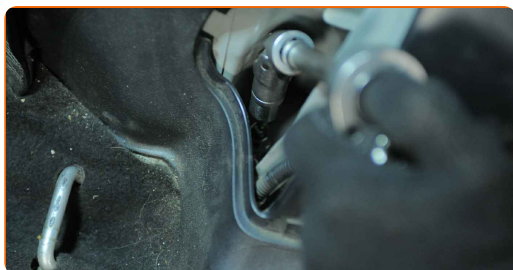
Screw the top fastening of the shock strut mount.

AUTODOC recommends:

- Important! Hold the suspension strut while screwing in the fastening bolts.
Honda CR-V II

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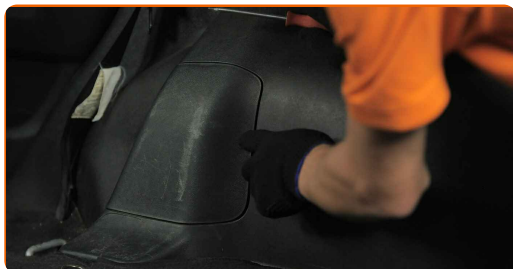
Tighten the upper fastener of the shock absorber strut mount. Use a drive socket #14. Use a torque wrench. Tighten it to 74 Nm torque.



33

Treat the fasteners of the shock strut mount. Use copper grease.

34 Install the side plastic panel.

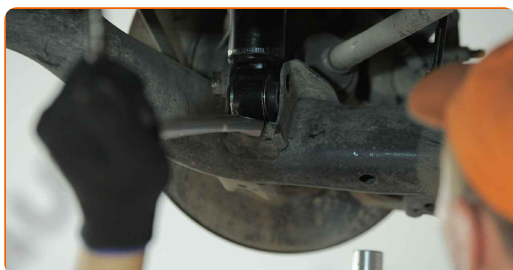


35 Close the lid of the luggage compartment.

36 Lift the car using a jack or place it over an inspection pit.



37 Attach the bottom part of the shock strut. Use a crowbar. Use a flat screwdriver.



38 Install the fastening bolt. Use a crowbar. Use a drive socket #17. Use a ratchet wrench.



39 Support the arm. Use a hydraulic transmission jack.



40 Tighten the lower fastening of the shock absorber. Use a drive socket #17. Use a torque wrench. Tighten it to 93 nm torque.



41 Remove the support from under the arm.



AUTODOC recommends:

- Replacement: coil springs – Honda CR-V II. Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

42 Treat the shock strut fasteners. Use copper grease.

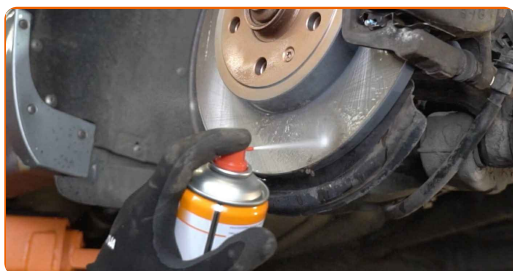
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Treat the surface where the brake disc contacts the wheel rim. Use copper grease.



44

Clean the brake disk surface. Use a brake cleaner.

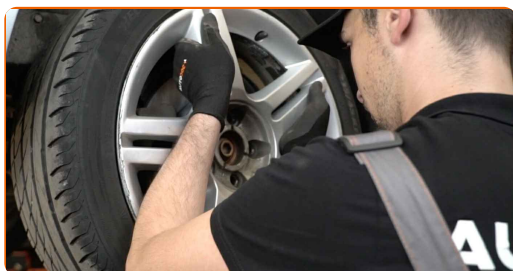


AUTODOC recommends:

- After applying the spray, wait a few minutes.

45

Install the wheel.

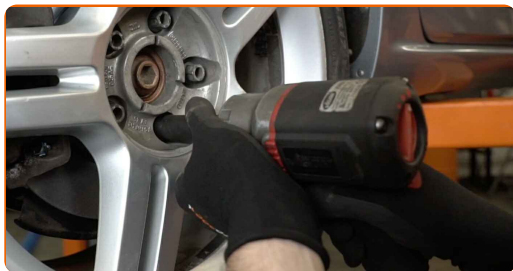


AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. Honda CR-V II

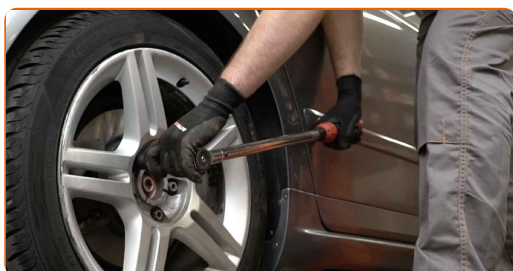
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Screw in the wheel bolts. Use wheel impact socket #19.



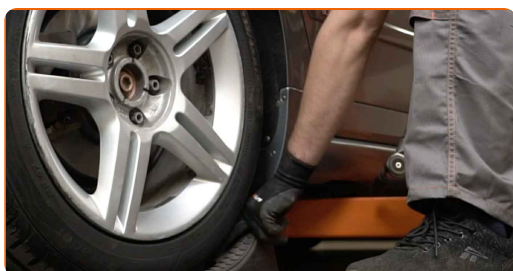
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Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #19. Use a torque wrench. Tighten it to 108 nm torque.



48

Remove the jacks and chocks.



WELL DONE! 

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