



How to change front
lower arm on **NISSAN X-
Trail (T31)** – replacement
guide

SIMILAR VIDEO TUTORIAL



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

i Important!

This replacement procedure can be used for:

NISSAN X-Trail (T31) 2.0 dCi FWD, NISSAN X-Trail (T31) 2.0 dCi, NISSAN X-Trail (T31) 2.0, NISSAN X-Trail (T31) 2.0 dCi 4x4, NISSAN X-Trail (T31) 2.5 4x4, NISSAN X-Trail (T31) 2.0 FWD

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: NISSAN Qashqai / Qashqai+2 I (J10, NJ10) 1.6

REPLACEMENT: FRONT LOWER ARM – NISSAN X-TRAIL (T31). TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Torque wrench
- Combination spanner #16
- Combination spanner #18
- Drive socket # 18
- Drive socket # 19
- Drive socket # 21
- Wheel impact socket #21
- Ratchet wrench
- Tap wrench
- Hammer
- Flat chisel
- Crow bar
- Wheel chock

Buy tools

Replacement: front lower arm – NISSAN X-Trail (T31). AUTODOC recommends:

- The replacement procedure is identical for the left and right lower control arms.
- Please note: all work on the car – NISSAN X-Trail (T31) – should be done with the engine switched off.

CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

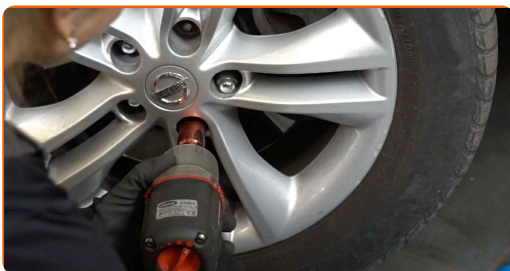
1 Secure the wheels with chocks.

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



3 Raise the front of the car and secure on supports.

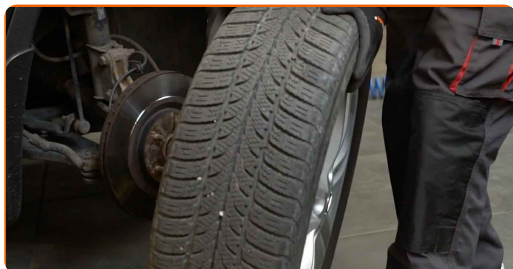
4 Unscrew the wheel bolts.



Replacement: front lower arm – NISSAN X-Trail (T31). Tip:

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

5 Remove the wheel.



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



AUTODOC recommends:

- Replacement: front lower arm – NISSAN X-Trail (T31). After applying the spray, wait a few minutes.
- Wear protective goggles.

- 7 Unscrew the ball joint fastening to the steering knuckle. Use a combination spanner #18. Use a drive socket #18. Use a tap wrench.



- 8 Remove the fastening bolt.



- 9 Unscrew the rear fastener connecting the control arm to the subframe. Use a combination spanner #16. Use a drive socket #18. Use a ratchet wrench.



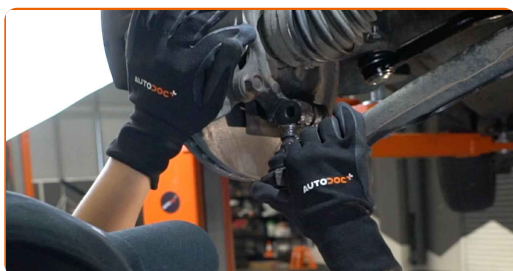
- 10 Remove the rear fastener of the control arm.



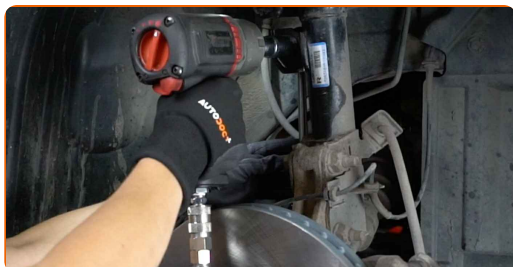
- 11 Release the fastener connecting the ball joint to the steering knuckle. Use a flat metal-working chisel. Use a hammer.



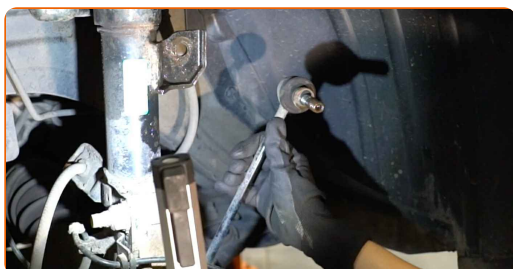
- 12 Disconnect the ball joint from the steering knuckle. Use a crowbar.



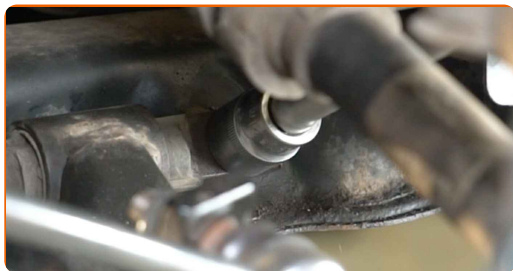
- 13 Unscrew the fastener connecting the stabilizer link to the shock strut. Use a drive socket #19. Use a ratchet wrench.



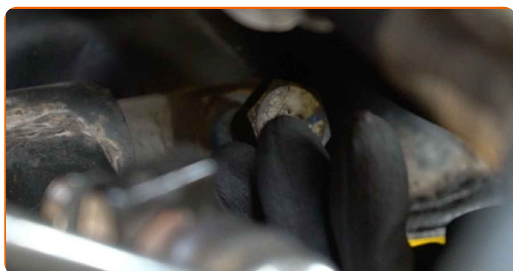
- 14 Remove the stabilizer rod.



15 Unscrew the front arm fastener. Use a drive socket #21. Use a tap wrench.



16 Remove the front fastener of the control arm.



17 Remove the arm.



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



19

Install a new arm.



Replacement: front lower arm – NISSAN X-Trail (T31). AUTODOC experts recommend:

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

20

Install the control arm fasteners.

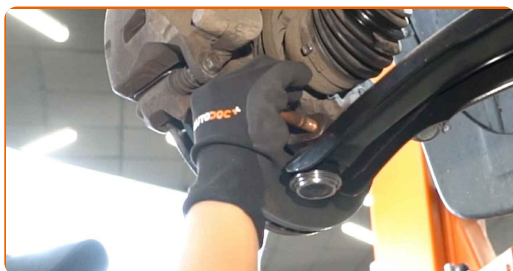


21

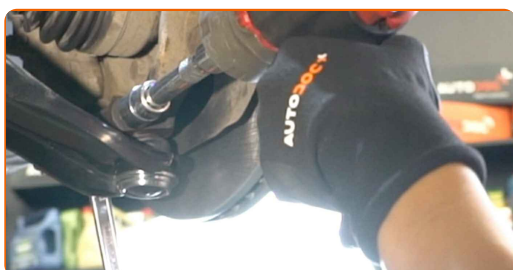
Connect the ball joint to the steering knuckle.



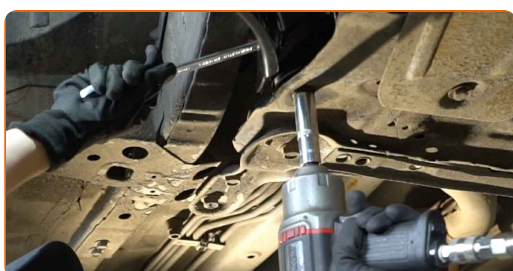
22 Install the fastening bolt.



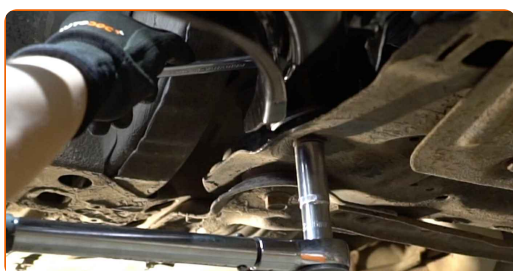
23 Screw the fasteners of the ball joint. Use a combination spanner #18. Use a drive socket #18. Use a tap wrench.



24 Screw the rear fastener connecting the control arm to the subframe. Use a combination spanner #16. Use a drive socket #18. Use a ratchet wrench.



25 Tighten the rear fastener connecting the arm to the body subframe. Use a combination spanner #18. Use a drive socket #18. Use a torque wrench. Tighten it to 98 Nm torque.



- 26** Tighten the ball joint fastener. Use a combination spanner #18. Use a drive socket #18. Use a torque wrench. Tighten it to 87 Nm torque.



- 27** Tighten the front fastener connecting the control arm to the subframe. Use a drive socket #21. Use a torque wrench. Tighten it to 171 Nm torque.



- 28** Install the transverse stabilizer link.



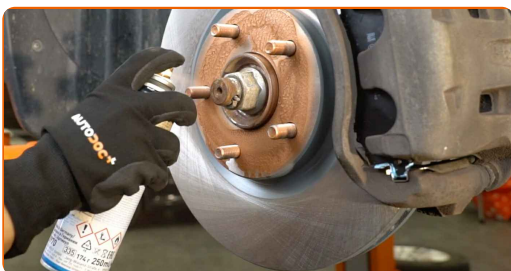
- 29** Tighten the fastener connecting the stabilizer link to the shock strut. Use a drive socket #19. Use a torque wrench. Tighten it to 65 Nm torque.



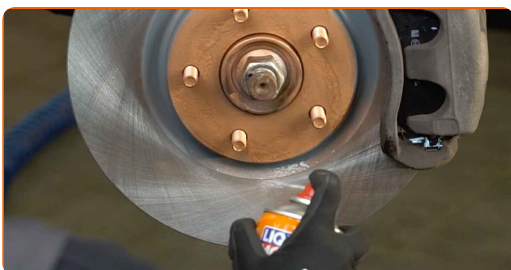
30 Treat all joints of the arm. Use copper grease.



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: front lower arm – NISSAN X-Trail (T31). Tip from AUTODOC:

- After applying the spray, wait a few minutes.

33 Install the wheel.



AUTODOC recommends:

- Important! Hold the wheel while screwing in the fastening bolts. NISSAN X-Trail (T31)

34

Screw in the wheel bolts. Use wheel impact socket #21.



35

Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #21. Use a torque wrench. Tighten it to 112 Nm torque.



36

Remove the jacks and chocks.



WELL DONE! 

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