



How to change rear  
suspension lower control  
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

#### **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, NISSAN X-TRAIL (T31) 2.5

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: REAR SUSPENSION LOWER CONTROL ARM – NISSAN X-TRAIL (T31). TOOLS YOU MIGHT NEED:**



- Wire brush
- WD-40 spray
- Copper grease
- Torque wrench
- Combination spanner #16
- Combination spanner #18
- Combination spanner #21
- Drive socket # 18
- Drive socket # 21
- Wheel impact socket #21
- Ratchet wrench
- Hammer
- Pin punch
- Hydraulic transmission jack
- Wheel chock

**Buy tools**

Replacement: rear suspension lower control arm – NISSAN X-TRAIL (T31). Tip from AUTODOC experts:

- 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 #21.



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

**4** Unscrew the wheel bolts.



Replacement: rear suspension lower control arm – NISSAN X-TRAIL (T31).  
AUTODOC recommends:

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

5

Remove the wheel.



6

Clean the control arm fasteners. Use a wire brush. Use WD-40 spray.



7

Make a mark on the camber adjustment bolt.



- 8** Unscrew the fastener connecting the control arm to the rear subframe. Use a combination spanner #21. Use a drive socket #21. Use a ratchet wrench.



- 9** Unscrew the fastener connecting the control arm to the rear knuckle. Use a combination spanner #18. Use a drive socket #21. Use a ratchet wrench.



- 10** Unscrew the fastener connecting the stabilizer bar with the control arm. Use a combination spanner #16. Use a drive socket #18. Use a ratchet wrench.

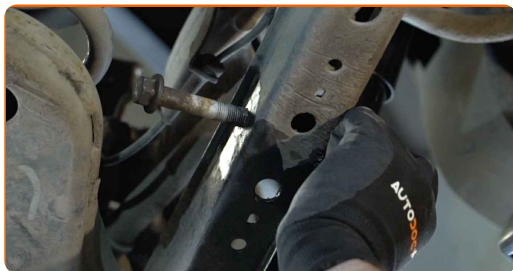


- 11** Support the arm. Use a hydraulic transmission jack.

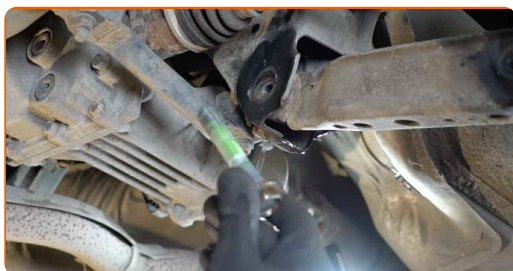


**12**

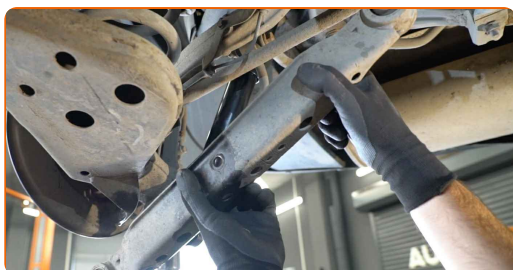
Remove the fastening bolt. Use a pin punch. Use a hammer.

**13**

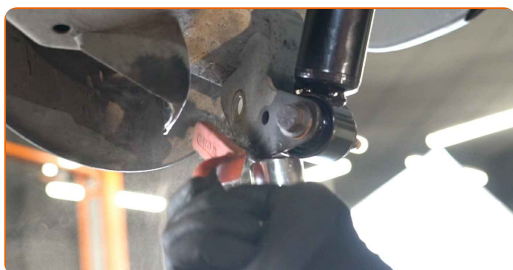
Remove the fastening bolt.

**14**

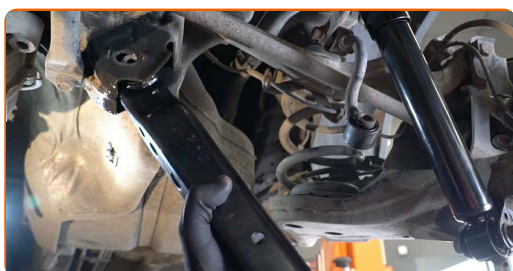
Remove the arm.

**15**

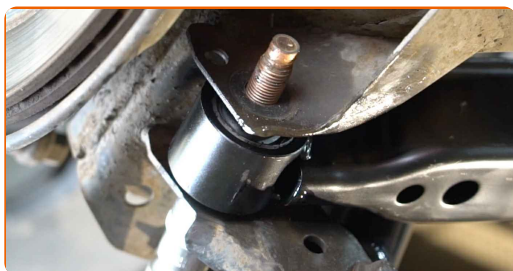
Clean the mounting seats and the thread of the suspension arm. Use a wire brush. Use WD-40 spray.

**16**

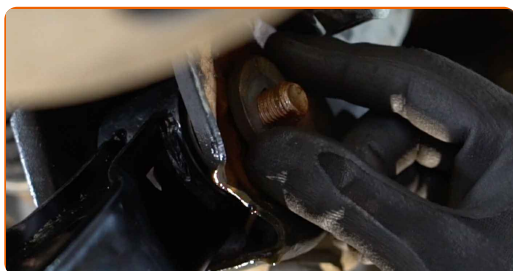
Install a new arm.



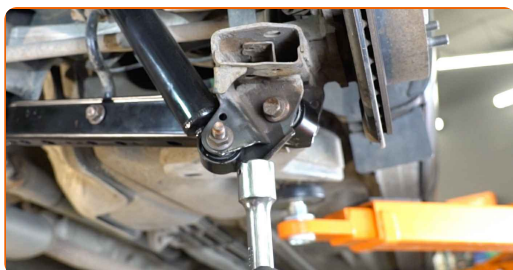
**17** Install the fastening bolts.



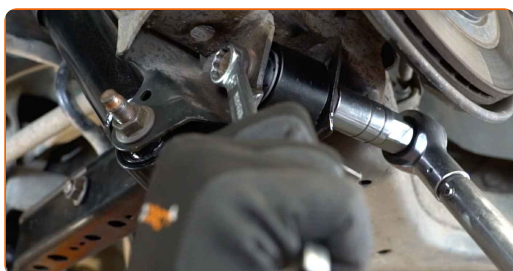
**18** Adjust the position of the alignment bolt according to the mark.



**19** Raise the hydraulic transmission jack by 10-15 cm.



**20** Tighten the fastener connecting the suspension arm to the rear knuckle. Use a combination spanner #18. Use a drive socket #21. Use a torque wrench. Tighten it to 150 Nm torque.





- 21** Tighten the fastener connecting the control arm to the rear subframe. Use a combination spanner #21. Use a drive socket #21. Use a torque wrench. Tighten it to 118 Nm torque.



- 22** Tighten the fastener connecting the stabilizer bar with the control arm. Use a combination spanner #16. Use a drive socket #18. Use a torque wrench. Tighten it to 88 Nm torque.



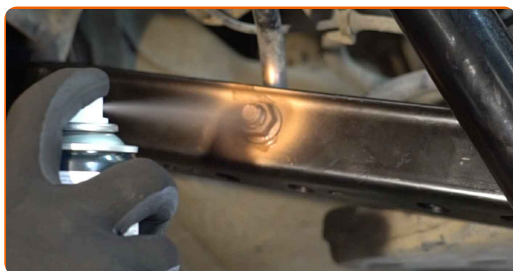
- 23** Remove the support from under the arm.



**Replacement: rear suspension lower control arm – NISSAN X-TRAIL (T31). Tip:**

- Lower the hydraulic transmission jack smoothly, without jerks, to avoid damaging assemblies and mechanisms.

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



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



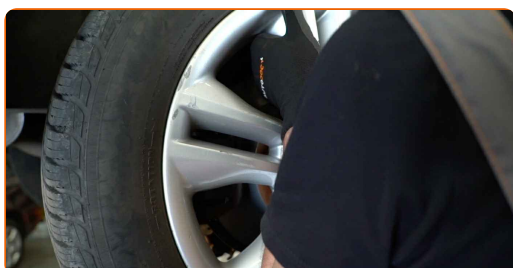
**26** Clean the brake disk surface. Use a brake cleaner.



**AUTODOC recommends:**

- Replacement: rear suspension lower control arm – NISSAN X-TRAIL (T31). After applying the spray, wait a few minutes.

**27** Install the wheel.



Replacement: rear suspension lower control arm – NISSAN X-TRAIL (T31). Tip from AUTODOC:

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

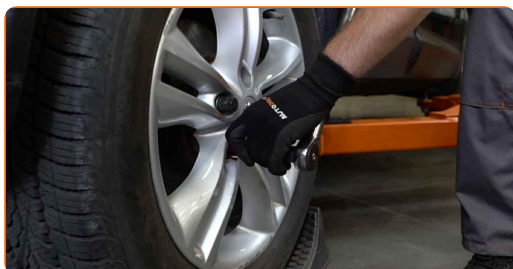
28

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



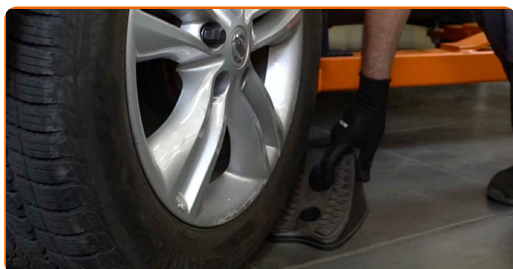
29

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.



30

Remove the jacks and chocks.



**WELL DONE!** 

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