



How to change front anti  
roll bar links on **OPEL**  
**Ampera (R12)** –  
replacement guide

## SIMILAR VIDEO TUTORIAL



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

### Important!

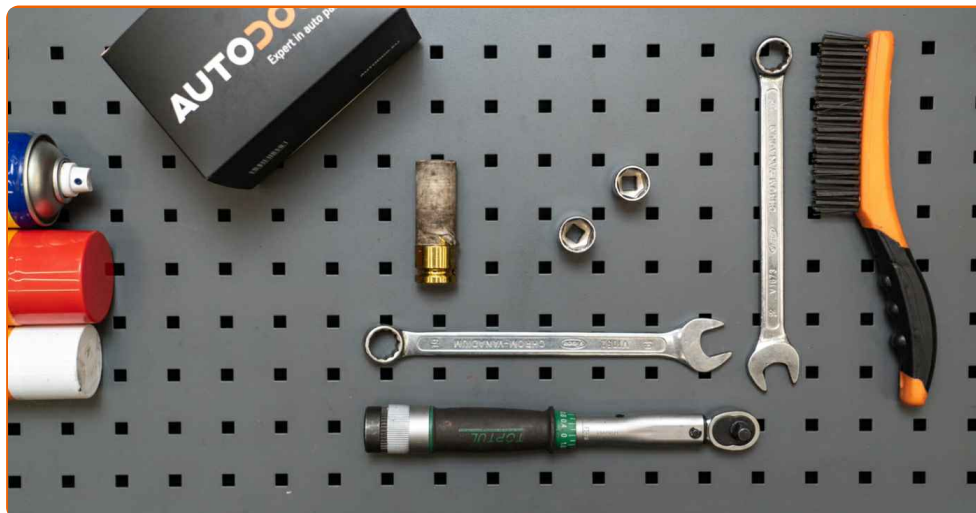
This replacement procedure can be used for:

OPEL Ampera (R12) 1.4 EV 150

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: OPEL Zafira A (T98) 2.0 DI 16V (F75)

REPLACEMENT: ANTI ROLL BAR LINKS – OPEL AMPERA (R12). TOOLS YOU NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Combination spanner #18
- Combination spanner #19
- Drive socket # 18
- Drive socket # 19
- Wheel impact socket #19
- Ratchet wrench
- Torque wrench
- Wheel chock

**Buy tools**

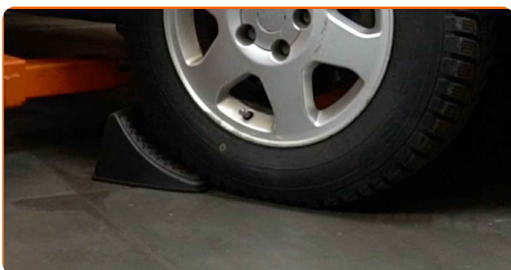
Replacement: anti roll bar links – OPEL Ampera (R12). AUTODOC recommends:

- Replace the stabiliser links on OPEL Ampera (R12) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- All work should be done with the engine stopped.

## REPLACEMENT: ANTI ROLL BAR LINKS – OPEL AMPERA (R12). USE THE FOLLOWING PROCEDURE:

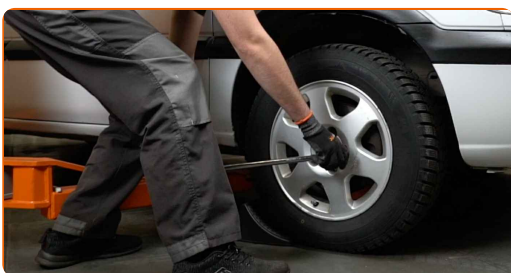
1

Secure the wheels with chocks.



2

Loosen the wheel mounting bolts. Use wheel impact socket #19.



3

Raise the front 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.  
OPEL Ampera (R12)

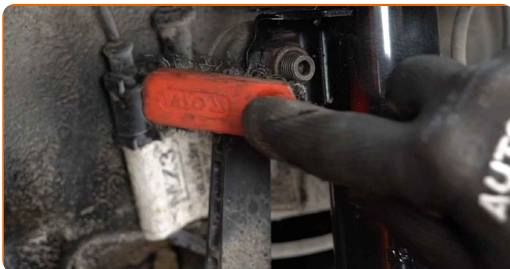
5

Remove the wheel.



6

Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.



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



- 8 Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.



- 9 Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #19 (2 pieces).



- 10 Remove the stabilizer rod.



Replacement: anti roll bar links – OPEL Ampera (R12). AUTODOC experts recommend:

- Examine stabiliser bushes. Replace them if needed.

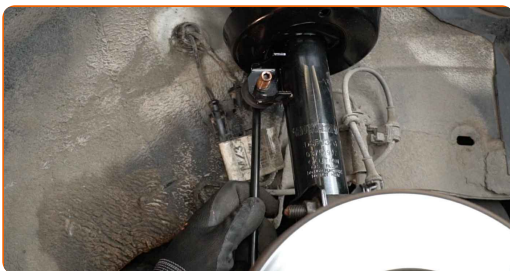
11

Clean the mounting seats of the stabiliser link. Use a wire brush. Use WD-40 spray.



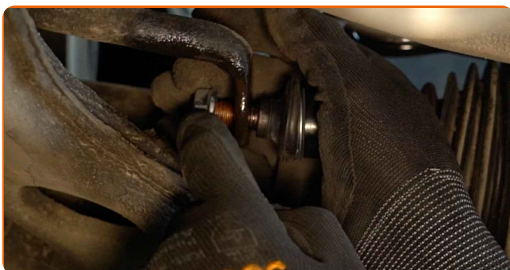
12

Install the transverse stabilizer link.



13

Tighten the stabiliser link fastener. Use a combination spanner #18.



- 14** Tighten the fastener connecting the stabilizer link to the shock strut. Use a drive socket #18. Use a torque wrench. Tighten it to 60 Nm torque.



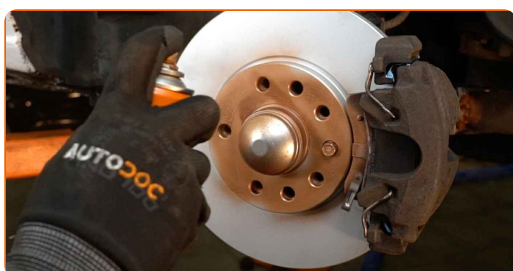
- 15** Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a drive socket #18. Use a torque wrench. Tighten it to 60 Nm torque.



- 16** Treat all joints of the stabiliser link. Use copper grease.



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





18

Clean the brake disk surface. Use a brake cleaner.

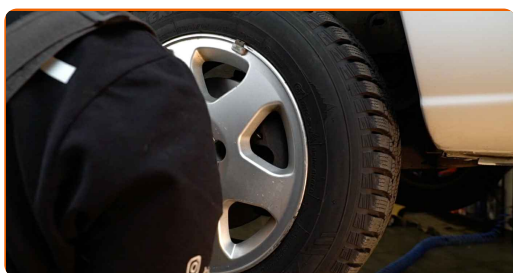


Replacement: anti roll bar links – OPEL Ampera (R12). Tip from AUTODOC:

- After applying the spray, wait a few minutes.

19

Install the wheel.



Replacement: anti roll bar links – OPEL Ampera (R12). Professionals recommend:

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

20

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



- 21** 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 110 nm torque.



- 22** Remove the jacks and chocks.



**WELL DONE!** 

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**ANTI ROLL BAR LINKS: A WIDE SELECTION**

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