



How to change rear
shock absorbers on
Nissan Qashqai J10 –
replacement guide

VIDEO TUTORIAL



Important!

This replacement procedure can be used for:

NISSAN Qashqai / Qashqai+2 I (J10, NJ10) 2.0, NISSAN Qashqai / Qashqai+2 I (J10, NJ10) 2.0 All-wheel Drive, NISSAN Qashqai / Qashqai+2 I (J10, NJ10) 1.6 dCi All-wheel Drive, NISSAN Qashqai / Qashqai+2 I (J10, NJ10) 1.6 dCi, NISSAN Qashqai / Qashqai+2 I (J10, NJ10) 1.5 dCi, NISSAN Qashqai / Qashqai+2 I (J10, NJ10) 2.0 dCi, NISSAN Qashqai / Qashqai+2 I (J10, NJ10) 2.0 dCi All-wheel Drive, NISSAN Qashqai / Qashqai+2 I (J10, NJ10) 1.6

The steps may slightly vary depending on the car design.

REPLACEMENT: SHOCK ABSORBERS – NISSAN QASHQAI J10. TOOLS YOU NEED:



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

BUY TOOLS

Replacement: shock absorbers – Nissan Qashqai J10. Professionals recommend:

- Both shock absorbers of the rear suspension should be replaced simultaneously.
- The replacement procedure is identical for the left and right shock absorbers of the rear suspension.
- All work should be done with the engine stopped.

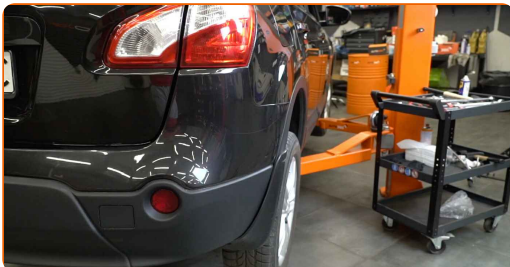
REPLACEMENT: SHOCK ABSORBERS – NISSAN QASHQAI J10. RECOMMENDED SEQUENCE OF STEPS:

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.



AUTODOC recommends:

- Important! Hold the wheel while unscrewing the fastening bolts. Nissan Qashqai J10

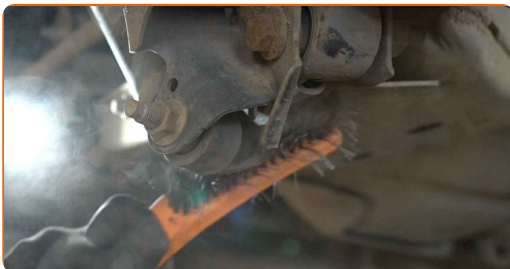
5

Remove the wheel.



6

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

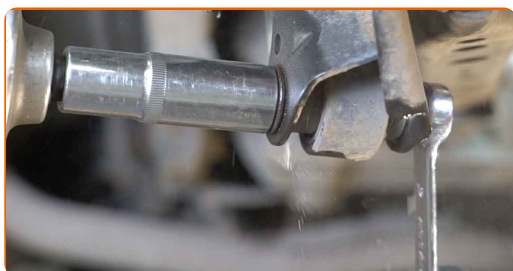


7

Unscrew the upper fastener of the shock absorber. Use a drive socket #16. Use a ratchet wrench.



- 8** Unscrew the lower fastener of the shock absorber. Use a combination spanner #16. Use a drive socket #18. Use a ratchet wrench.



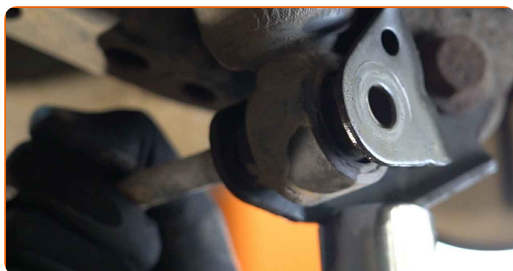
Replacement: shock absorbers – Nissan Qashqai J10. AUTODOC recommends:

- To avoid injuries, hold the shock absorber when undoing the fastening bolts.

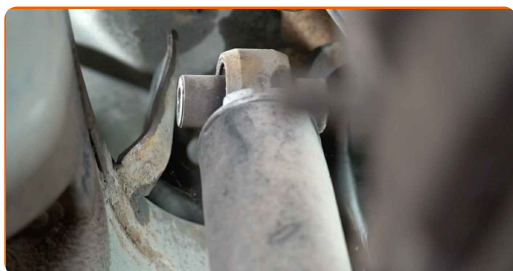
- 9** Support the arm. Use a hydraulic transmission jack.



- 10** Remove the fastening bolts.

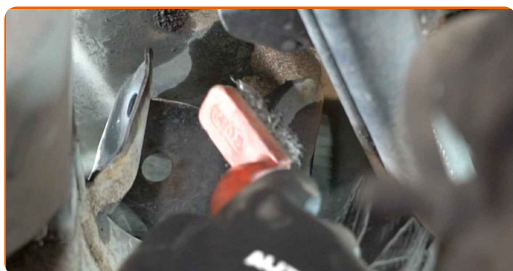


- 11** Remove the shock absorber.



12

Clean the shock absorber mounting seats. Use a wire brush. Use WD-40 spray.



Replacement: shock absorbers – Nissan Qashqai J10. Tip from AUTODOC experts:

- Before installing a new shock absorber you should pump it manually 3-5 times.

13

Place a new shock absorber into the wheel arch.



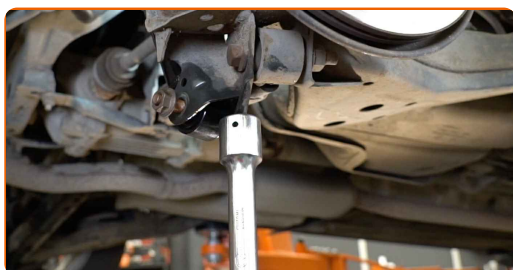
14

Install the fastening bolts.

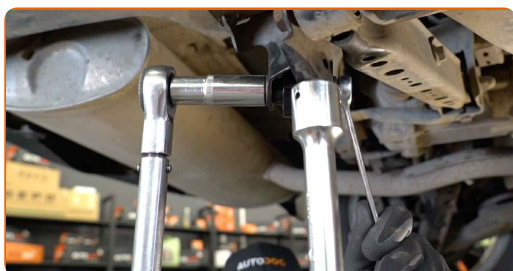


15

Raise the hydraulic transmission jack by 10-15 cm.



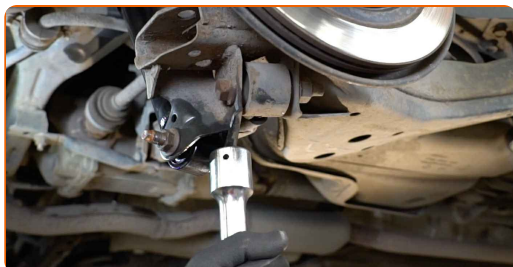
- 16** Tighten the lower fastener of the shock absorber. Use a combination spanner #16. Use a drive socket #18. Use a torque wrench. Tighten it to 88 Nm torque.



- 17** Tighten the top shock absorber fastening. Use a drive socket #16. Use a torque wrench. Tighten it to 70 Nm torque.



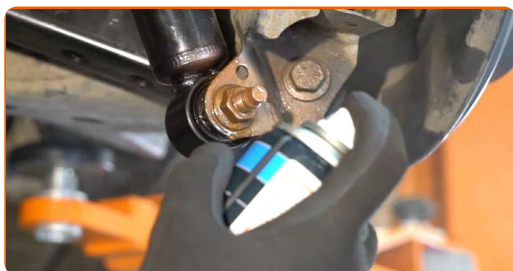
- 18** Remove the support from under the arm.



AUTODOC recommends:

- Replacement: shock absorbers – Nissan Qashqai J10. Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

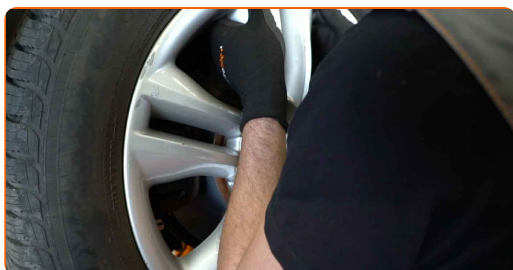
19 Treat the shock absorber fasteners. Use copper grease.



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



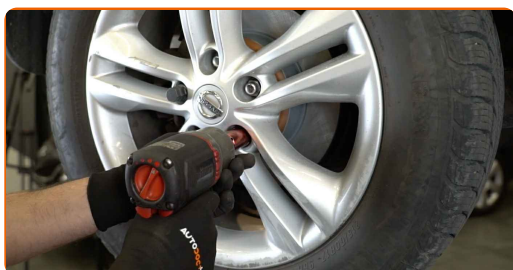
21 Install the wheel.



Replacement: shock absorbers – Nissan Qashqai J10. AUTODOC experts recommend:

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

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



- 23** 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 122 Nm torque.



- 24** Remove the jacks and chocks.



WELL DONE! 

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