



How to change front anti  
roll bar links on **RENAULT**  
**Captur (J5\_, H5\_)** –  
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:

RENAULT Captur (J5\_, H5\_) 0.9 TCe 90, RENAULT Captur (J5\_, H5\_) 1.2 TCe 120, RENAULT Captur (J5\_, H5\_) 1.5 dCi 90, RENAULT Captur (J5\_, H5\_) 1.5 dCi 110, RENAULT Captur (J5\_, H5\_) 1.2 T, RENAULT Captur (J5\_, H5\_) 1.6 Flex (H5JH), RENAULT Captur (J5\_, H5\_) 1.6, RENAULT Captur (J5\_, H5\_) 1.5 dCi (J5MW), RENAULT Captur (J5\_, H5\_) 1.2 TCe (J5AU)

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 MICRA III (K12) 1.4 16V

REPLACEMENT: ANTI ROLL BAR LINKS – RENAULT CAPTUR (J5\_, H5\_). TOOLS YOU MIGHT NEED:



- Wire brush
- WD-40 spray
- All-purpose cleaning spray
- Ceramic grease
- Torque wrench
- Combination spanner #17
- Drive socket # 17
- HEX bit no.H5.
- Wheel impact socket #17
- Ratchet wrench
- Tap wrench
- Wheel chock

**Buy tools**

**AUTODOC recommends:**

- Replace the stabiliser links on RENAULT Captur (J5\_, H5\_) 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 – RENAULT CAPTUR (J5\_, H5\_). TAKE THE FOLLOWING STEPS:**

**1** Secure the wheels with chocks.

**2** Loosen the wheel bolts. Use wheel impact socket #17. Use a tap wrench.



**3** Raise the car.

**Replacement: anti roll bar links – RENAULT Captur (J5\_, H5\_). AUTODOC recommends:**

- If you are using a jack, make sure it rests on a flat surface without any unevenness.
- Be sure to additionally secure the car with jack stands.

4

Unscrew the wheel bolts.



**AUTODOC recommends:**

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

5

Remove the wheel.



6

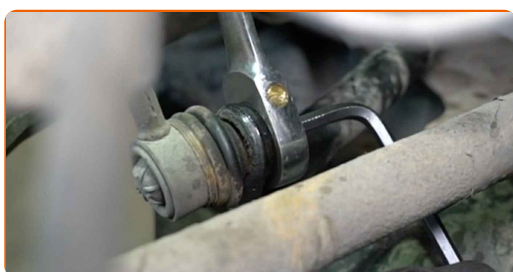
Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.



- 7 Unscrew the fastener connecting the stabilizer link to the shock strut. Use a combination spanner #17. Use HEX No.H5. Use a ratchet wrench.



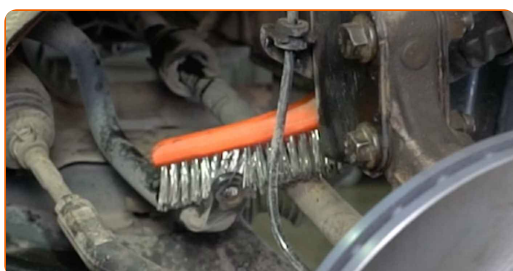
- 8 Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #17. Use HEX No.H5. Use a ratchet wrench.



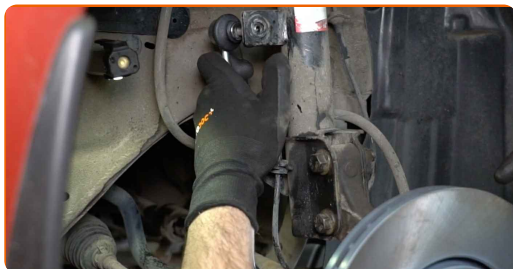
- 9 Remove the stabiliser link.



- 10 Clean the mounting seats of the stabiliser link. Use a wire brush. Use all-purpose cleaning spray.



**11** Install a new stabiliser link and tighten the fasteners.



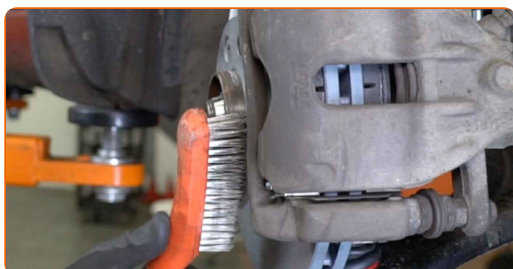
**12** Tighten the fastener connecting the stabilizer link to the shock strut. Use a drive socket #17. Use a torque wrench. Tighten it to 44 Nm torque.



**13** Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a drive socket #17. Use a torque wrench. Tighten it to 44 Nm torque.



**14** Clean the wheel rim mounting seat. Use a wire brush. Use all-purpose cleaning spray.





15

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



16

Install the wheel.



Replacement: anti roll bar links – RENAULT Captur (J5\_, H5\_). Tip from AUTODOC experts:

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

17

Screw in the wheel bolts. Use wheel impact socket #17. Use a ratchet wrench.





- 18** Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #17. Use a torque wrench. Tighten it to 110 Nm torque.



- 19** Remove the jacks and chocks.



**WELL DONE!** 

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