



How to change front
lower arm on **RENAULT**
Captur (J5_, H5_) –
replacement guide

SIMILAR VIDEO TUTORIAL



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

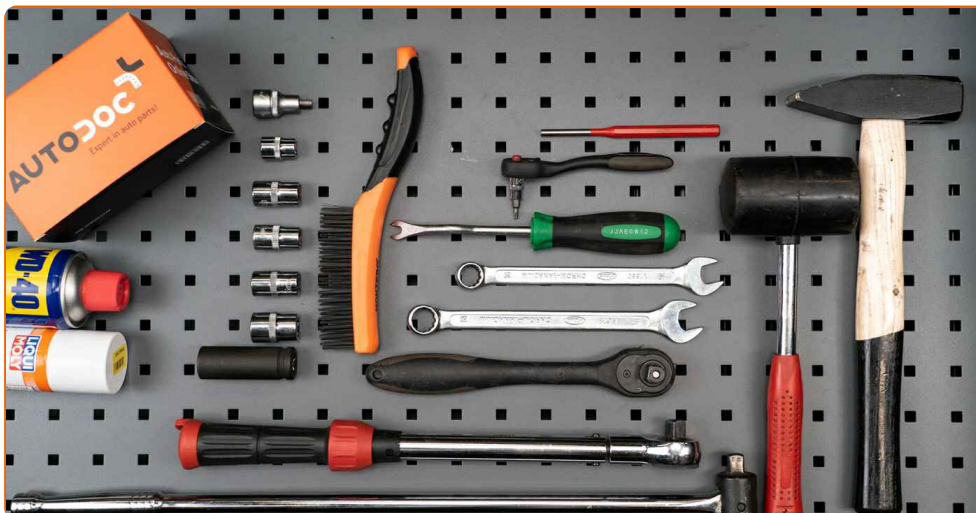
Important!

This replacement procedure can be used for:
RENAULT Captur (J5_, H5_) 0.9 TCe 90

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: RENAULT MEGANE II Saloon (LM0/1_) 1.4

REPLACEMENT: FRONT LOWER ARM – RENAULT CAPTUR (J5_, H5_). TOOLS YOU MIGHT NEED:



- Wire brush
- WD-40 spray
- Copper grease
- Combination spanner #16
- Combination spanner #18
- Drive socket # 12
- Drive socket # 13
- Drive socket # 16
- Drive socket # E16
- Drive socket # 18
- Torx bit T20
- Wheel impact socket #19
- Shock absorber socket
- Ratchet wrench
- Torque wrench
- Clip removal tool
- Pin punch
- Hammer
- Crow bar
- Rubber mallet
- Hydraulic transmission jack
- Fender cover
- Wheel chock

Buy tools

Replacement: front lower arm – RENAULT Captur (J5_, H5_). AUTODOC experts recommend:

- The replacement procedure is identical for the left and right lower control arms.
- All work should be done with the engine stopped.

REPLACEMENT: FRONT LOWER ARM – RENAULT CAPTUR (J5_, H5_). USE THE FOLLOWING PROCEDURE:

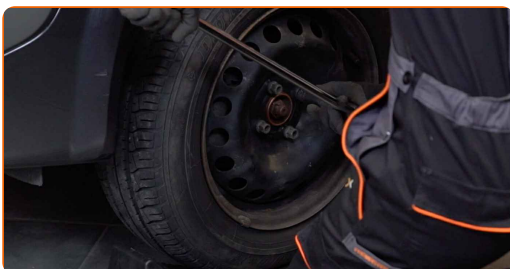
1 Open the bonnet.

2 Use a fender protection cover to prevent damaging paintwork and plastic parts of the car.

3 Secure the wheels with chocks.



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



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

6 Unscrew the wheel bolts.



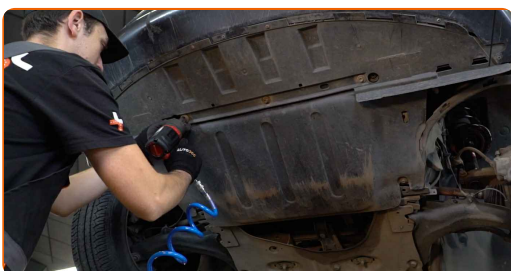
AUTODOC recommends:

- Important! Hold the wheel while unscrewing the fastening bolts. RENAULT Captur (J5_, H5_)

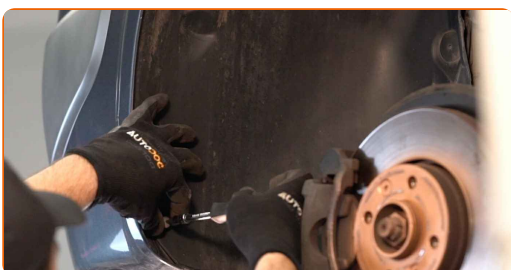
7 Remove the wheel.



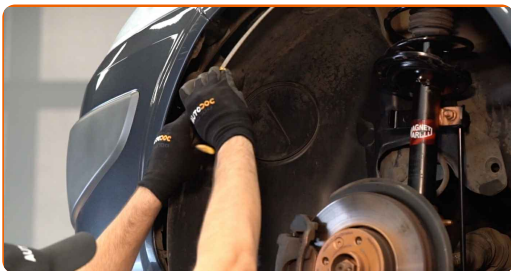
8 Remove the lower sound insulation. Use a drive socket #12.



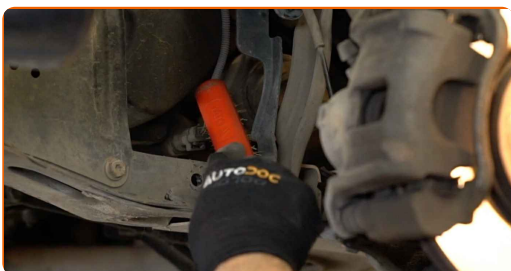
9 Unscrew and remove the wheel arch cover fasteners. Use Torx T20. Use a clip removal tool.



10 Remove the wheel arch cover.



11 Clean the fasteners of the bumper reinforcement bar and of its bracket. Use a wire brush. Use WD-40 spray.



Replacement: front lower arm – RENAULT Captur (J5_, H5_). AUTODOC experts recommend:

- After applying the spray, wait a few minutes.
- Wear protective goggles.

12 Unscrew the fasteners of the bumper reinforcement bar bracket. Use a drive socket #13.



- 13** Unscrew the fasteners connecting the bumper reinforcement bar to the subframe. Use a drive socket #13. Use a ratchet wrench.



- 14** Support the lower radiator support to prevent it from falling when removing the bumper reinforcement bar. Use a hydraulic transmission jack.



- 15** Loosen the fastener connecting the bumper reinforcement bar to the lower radiator support. Use a drive socket #18. Use a ratchet wrench.

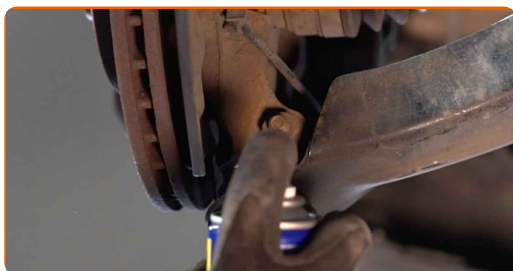


- 16** Detach and pull aside the bumper reinforcement bar. Use a crowbar.



17

Clean the fastener connecting the ball joint to the steering knuckle. Use a wire brush. Use WD-40 spray.



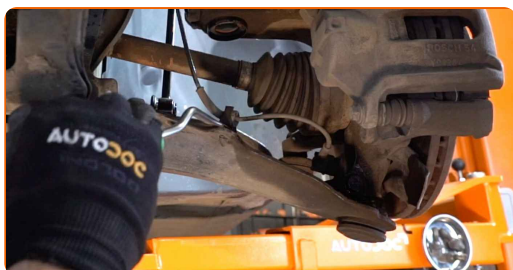
18

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



19

Detach the ABS sensor wiring from the suspension control arm. Use a clip removal tool.

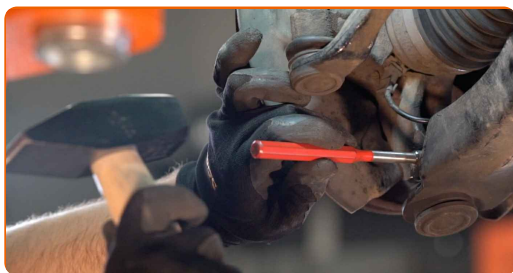


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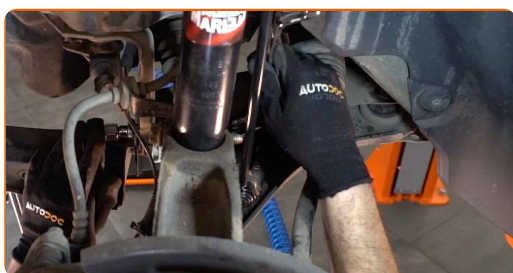
Unscrew the ball joint fastening to the steering knuckle. Use a drive socket #16. Use a combination spanner #18. Use a ratchet wrench.



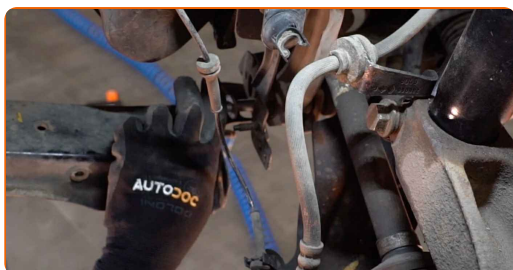
21 Remove the fastening bolt. Use a hammer. Use a pin punch.



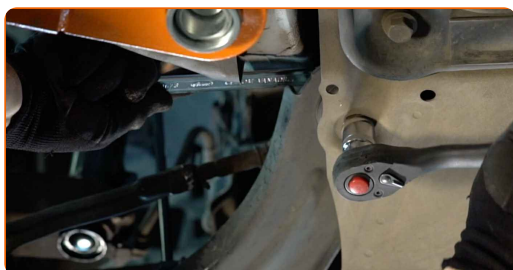
22 Unscrew the front arm fastener. Use a drive socket #E16. Use a combination spanner #18. Use a ratchet wrench.



23 Remove the fastening bolt. Use a crowbar.



24 Unscrew the rear arm fastener. Use a drive socket #18. Use a combination spanner #18. Use a ratchet wrench.



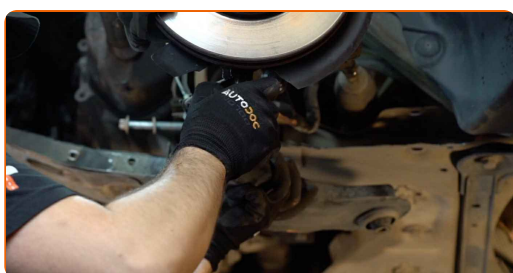
- 25 Release the fastener connecting the ball joint to the steering knuckle. Use a special drive socket to remove the shock absorber.



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



- 27 Remove the arm. Use a crowbar.



- 28 Clean the mounting seats and the thread of the suspension arm. Use a wire brush.



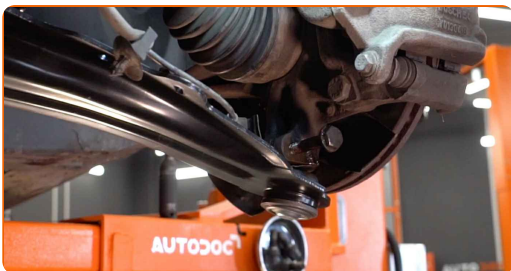
29 Install a new arm.



30 Connect the ball joint to the steering knuckle.



31 Install the control arm fasteners.



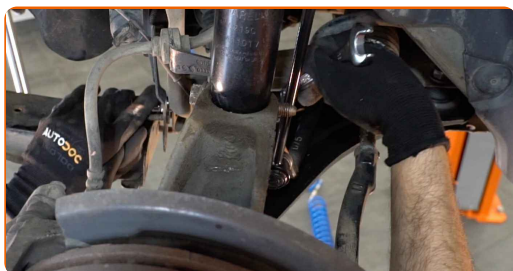
32 Screw the rear arm fastener. Use a drive socket #18.



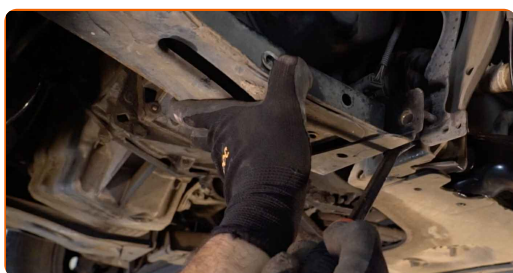
33 Install the front fastener of the arm. Use a crowbar. Use a rubber mallet.



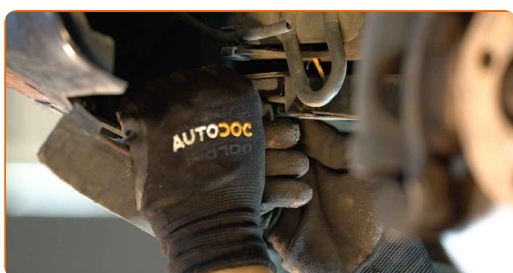
34 Screw the front arm fastener. Use a drive socket #E16. Use a combination spanner #18. Use a ratchet wrench.



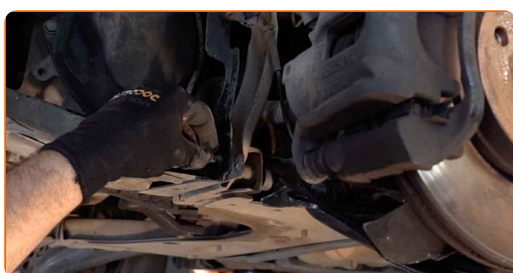
35 Install the bumper reinforcement bar. Use a crowbar.



36 Screw in the fastener connecting the bumper reinforcement bar to the lower radiator support.



37 Screw in the fastener connecting the bumper reinforcement bar to the subframe.



38

Remove the support from under the lower radiator support.



AUTODOC recommends:

- Replacement: front lower arm – RENAULT Captur (J5_, H5_). Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

39

Support the arm. Use a hydraulic transmission jack.

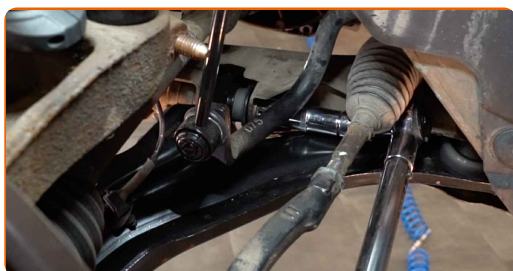


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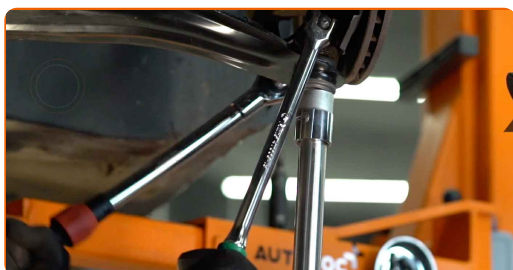
Tighten the rear fastener connecting the arm to the body subframe. Use a drive socket #18. Use a combination spanner #18. Use a torque wrench. Tighten it to 105 nm torque.



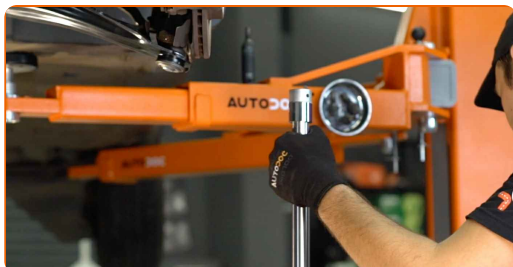
- 41** Tighten the front fastener connecting the control arm to the subframe. Use a combination spanner #16. Use a combination spanner #18. Use a torque wrench. Tighten it to 105 nm torque.



- 42** Tighten the ball joint fastener. Use a drive socket #16. Use a combination spanner #18. Use a torque wrench. Tighten it to 62 nm torque.



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



Replacement: front lower arm – RENAULT Captur (J5_, H5_). Professionals recommend:

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

- 44** Tighten the fastener connecting the bumper reinforcement bar to the subframe. Use a drive socket #13. Use a ratchet wrench.



- 45** Tighten the fastener connecting the bumper reinforcement bar to the lower radiator support. Use a drive socket #18. Use a torque wrench. Tighten it to 75 nm torque.



- 46** Treat all joints of the arm. Use copper grease.



- 47** Screw in the fastener of the bumper reinforcement bar bracket. Use a drive socket #13.



48 Connect the ABS sensor wiring.



49 Install the wheel arch cover to its mounting seat.



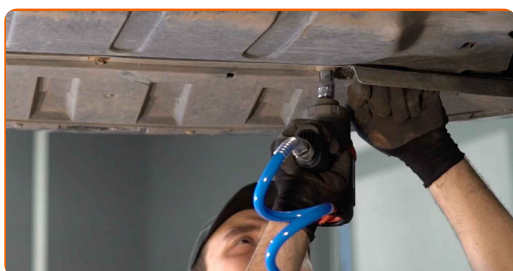
50 Install and tighten the wheel arch cover fasteners. Use Torx T20.



51 Install the lower sound insulation.

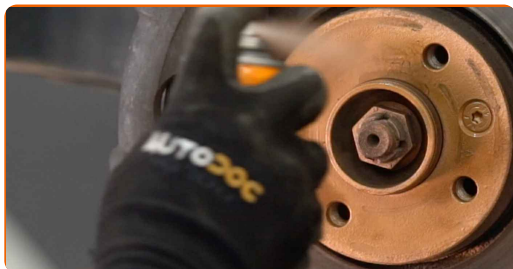


52 Screw in the fasteners of the lower sound insulation. Use a drive socket #12.



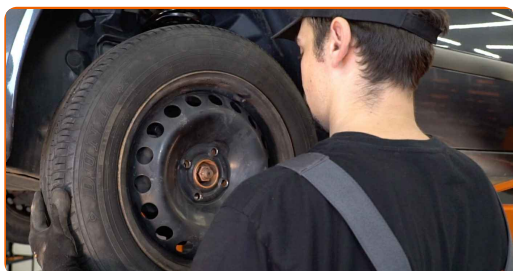
53

Clean the wheel rim mounting seat. Use a wire brush. Treat the contacting surface. Use copper grease.



54

Install the wheel.

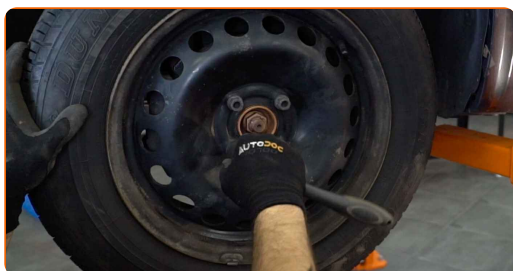


Replacement: front lower arm – RENAULT Captur (J5_, H5_). Tip from AUTODOC experts:

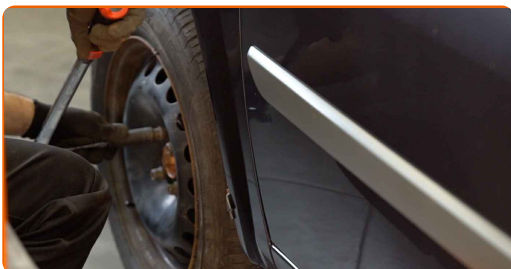
- To avoid injury, hold up the wheel when screwing in the fastening bolts.

55

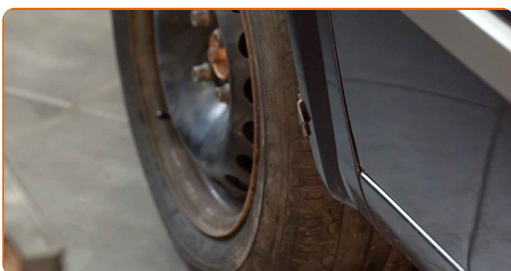
Screw in the wheel bolts. Use wheel impact socket #19.



- 56** Lower the car and working in a cross order, tighten the wheel bolts. Use a torque wrench. Tighten it to 110 nm torque.



- 57** Remove the jacks and chocks.



- 58** Remove the fender protection cover.

- 59** Close the hood.

WELL DONE! 

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