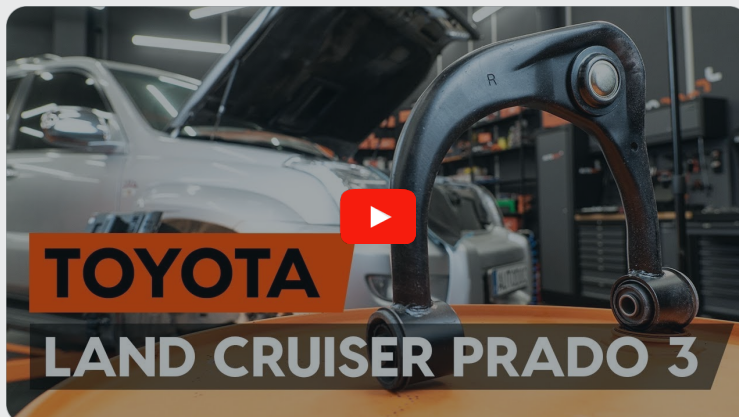




How to change front  
upper arm on **TOYOTA**  
**Land Cruiser Prado 150**  
**(J150)** – replacement  
guide

## 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:

TOYOTA Land Cruiser Prado 150 (J150) 4.0 V6 VVT-i (GRJ150\_, GRJ125\_), TOYOTA Land Cruiser Prado 150 (J150) 3.0 D-4D (KDJ155\_, KDJ150\_), TOYOTA Land Cruiser Prado 150 (J150) 3.0 D-4D (KDJ150\_), TOYOTA Land Cruiser Prado 150 (J150) 4.0 V6 Dual VVTi (GRJ150\_)

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: TOYOTA Land Cruiser Prado 120 (J120) 3.0 D-4D

**REPLACEMENT: FRONT UPPER ARM – TOYOTA LAND CRUISER PRADO 150 (J150). TOOLS YOU NEED:**



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Combination spanner #10
- Combination spanner #19
- Drive socket # 10
- Drive socket # 12
- Drive socket # 19
- Wheel impact socket #21
- Ratchet wrench
- Torque wrench
- Crow bar
- Flat Screwdriver
- Round-nose pliers
- Ball joint puller
- Fender cover
- Hydraulic transmission jack
- Wheel chock

**Buy tools**

Replacement: front upper arm – TOYOTA Land Cruiser Prado 150 (J150).  
AUTODOC recommends:

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

## REPLACEMENT: FRONT UPPER ARM – TOYOTA LAND CRUISER PRADO 150 (J150). TAKE THE FOLLOWING STEPS:

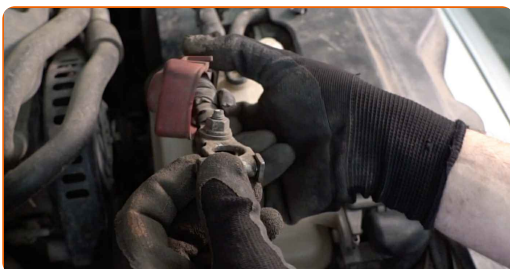
**1** Open the hood.

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

**3** Unscrew the fasteners of the car battery terminals. Use a combination spanner #10.



**4** Remove the battery terminals.

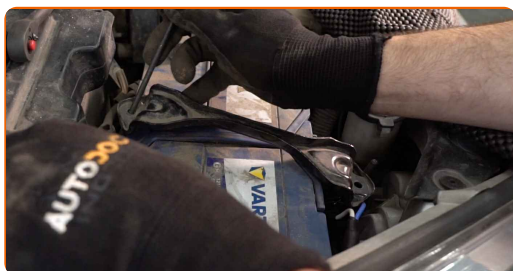


**5**

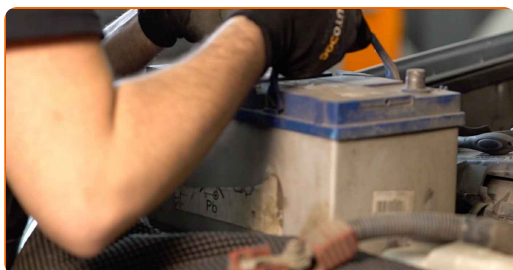
Unscrew the battery hold down clamp. Use a drive socket #10. Use a ratchet wrench.

**6**

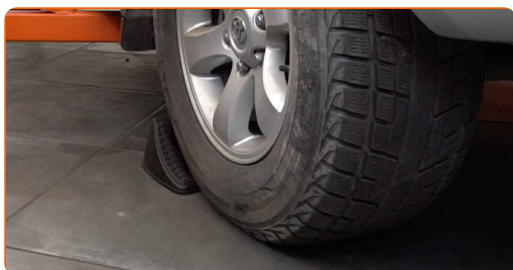
Remove the battery hold down clamp.

**7**

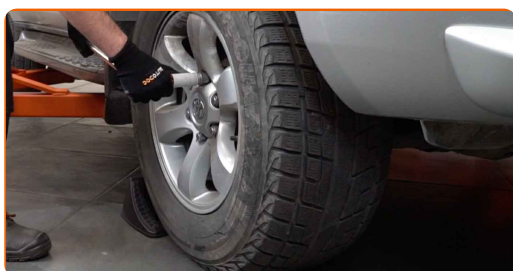
Remove the battery.

**8**

Secure the wheels with chocks.

**9**

Loosen the wheel mounting bolts. Use wheel impact socket #21.



**10** Raise the front of the car and secure on supports.

**11** Unscrew the wheel bolts.



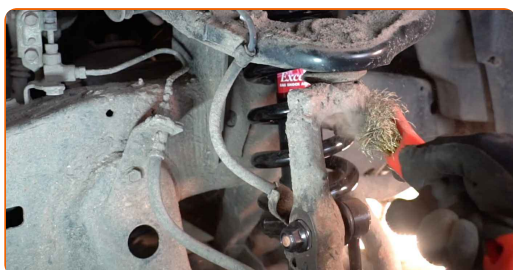
**AUTODOC recommends:**

- Important! Hold the wheel while unscrewing the fastening bolts. TOYOTA Land Cruiser Prado 150 (J150)

**12** Remove the wheel.



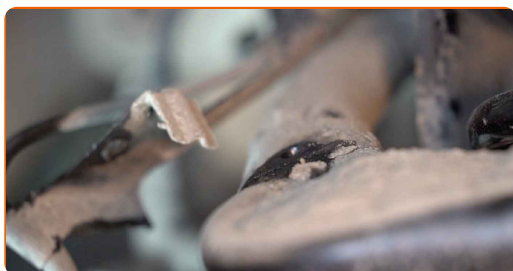
**13** Clean all joints of the arm. Use a wire brush. Use WD-40 spray.



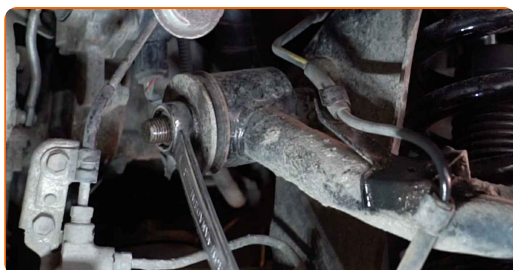
**14** Unscrew the ABS cable holder. Use a drive socket #12. Use a ratchet wrench.



**15** Remove the mounting bracket of the ABS sensor wiring from the upper arm.

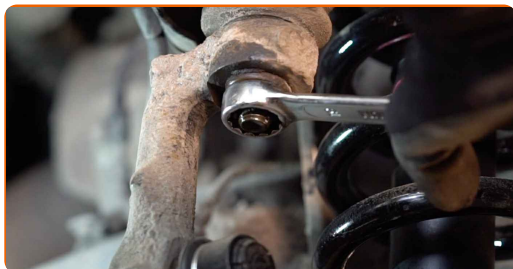


**16** Unscrew the fastener connecting the trailing arm to the car body. Use a combination spanner #19.



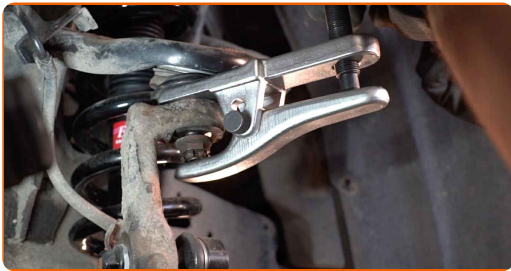
**17** Remove the cotter pin.

**18** Unscrew the fasteners of the ball joint. Use a combination spanner #19.



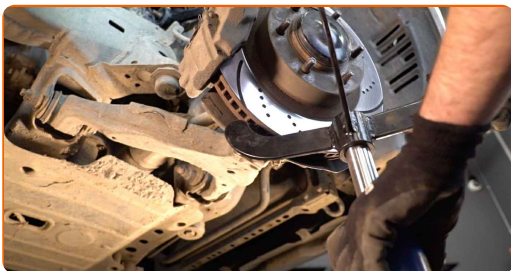
**19**

Disconnect the ball joint from the steering knuckle. Use a ball joint puller.



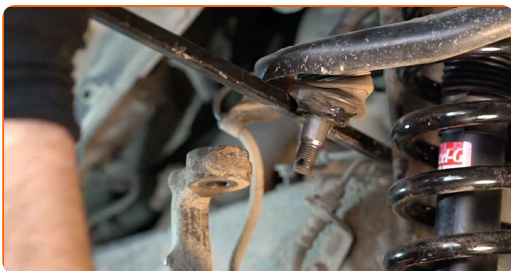
**20**

Prop up the steering knuckle. Use a hydraulic transmission jack.



**21**

Detach the upper control arm from the steering knuckle. Use a crowbar.



Replacement: front upper arm – TOYOTA Land Cruiser Prado 150 (J150).  
AUTODOC experts recommend:

- Make sure that the steering knuckle is supported.

**22**

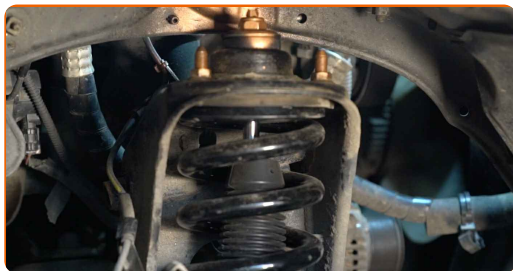
Remove the fastening bolt.





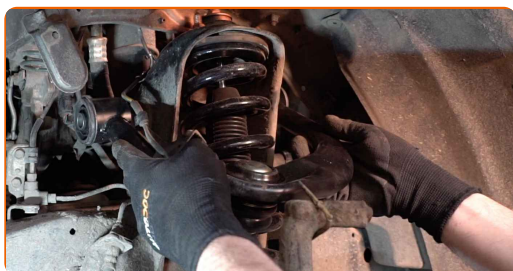
23

Remove the arm.



24

Install a new arm.

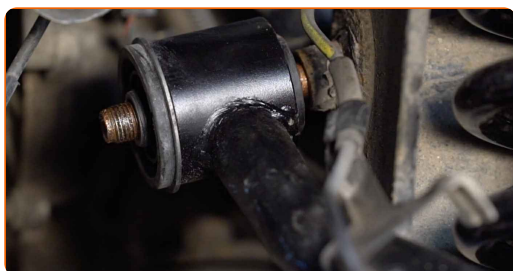


Replacement: front upper arm – TOYOTA Land Cruiser Prado 150 (J150).  
Professionals recommend:

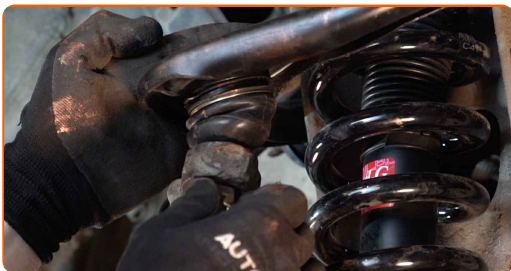
- During the installation process, use only new bolts and nuts.
- Do not damage the ball joint cover.

25

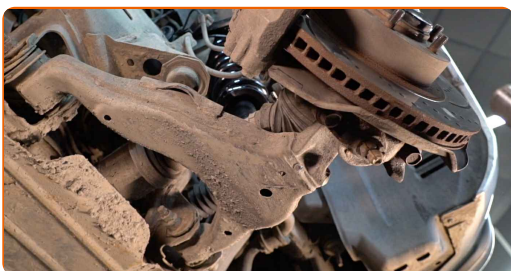
Install the fastening bolt.



**26** Attach the upper control arm to the steering knuckle.



**27** Remove the support from under the steering knuckle.



**AUTODOC recommends:**

- Replacement: front upper arm – TOYOTA Land Cruiser Prado 150 (J150). Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

**28** Support the arm. Use a hydraulic transmission jack.



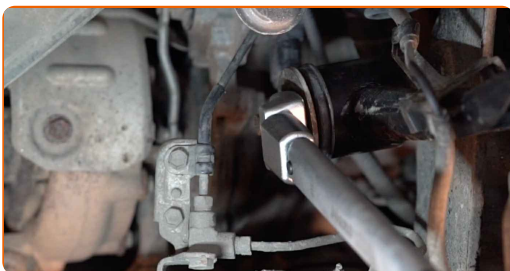
29

Screw the fastener connecting the ball joint to the steering knuckle. Use a combination spanner #19.



30

Tighten the fastener connecting the trailing arm to the car body. Use a combination spanner #19. Use a torque wrench. Tighten it to 115 Nm torque.



31

Tighten the ball joint fastener. Use a drive socket #19. Use a torque wrench. Tighten it to 110 Nm torque.



32

Remove the support from under the arm.

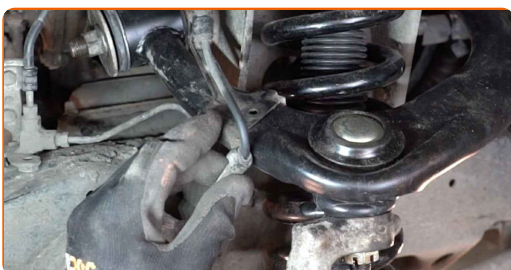


**AUTODOC recommends:**

- TOYOTA Land Cruiser Prado 150 (J150) – Do not lower the transmission jack sharply to avoid damaging components and mechanisms of the car.

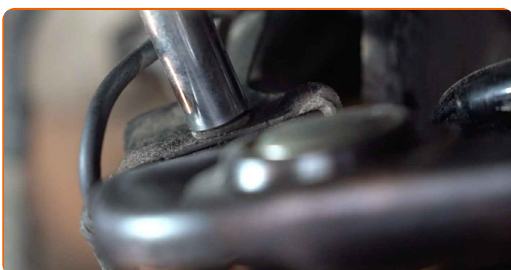
**33**

Install the mounting bracket of the ABS sensor wiring onto the upper arm.



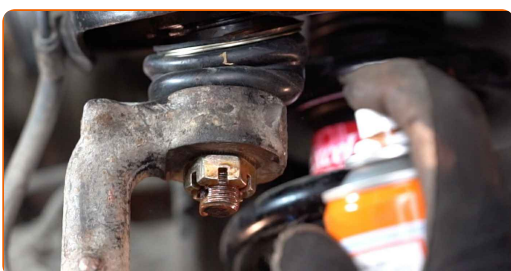
**34**

Tighten the ABS cable holder. Use a drive socket #12. Use a ratchet wrench.



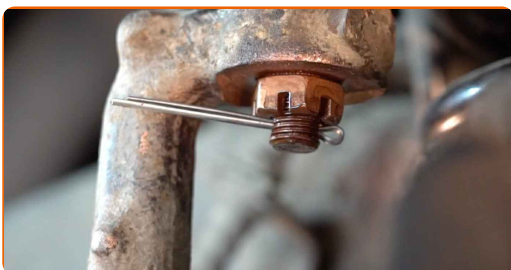
**35**

Treat all joints of the arm. Use copper grease.

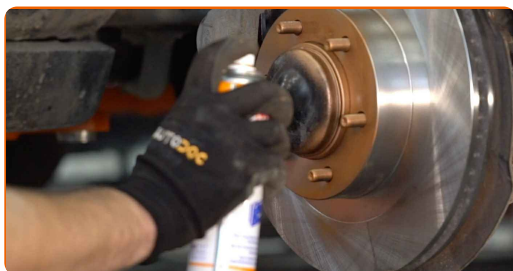


**36**

Install the cotter pin. Use round-nose pliers. Use a flat screwdriver.



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



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



Replacement: front upper arm – TOYOTA Land Cruiser Prado 150 (J150). Tip from AUTODOC:

- After applying the spray, wait a few minutes.

**39** Install the wheel.



AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. TOYOTA Land Cruiser Prado 150 (J150)

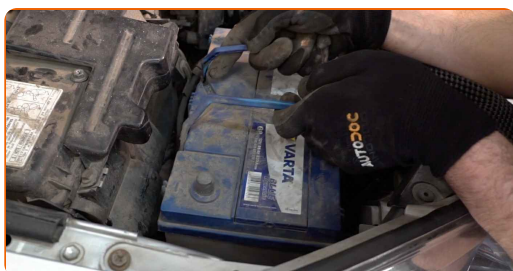
**40** Screw in the wheel bolts. Use wheel impact socket #21.



**41** Lower the car and working in a cross order, tighten the wheel bolts. Use a torque wrench. Tighten it to 112 nm torque.



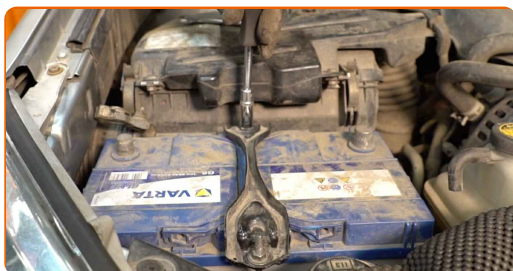
**42** Install the battery.



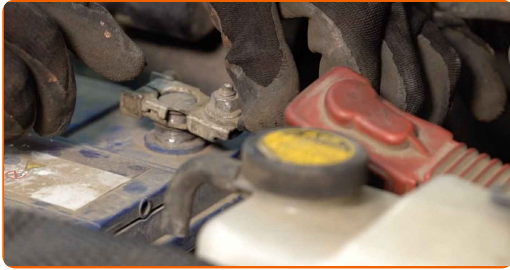
**43** Install the battery hold down clamp.



**44** Screw in the battery hold down clamp. Use a drive socket #10. Use a ratchet wrench.



**45** Attach the terminals to the battery.



Replacement: front upper arm – TOYOTA Land Cruiser Prado 150 (J150). Tip:

- Be careful! Do not mix up the positive and the negative terminals of the car battery.

**46** Screw in the fasteners of the battery terminals. Use a combination spanner #10.



**47** Remove the fender protection cover.

**48** Close the hood.

**49** Remove the jacks and chocks.

**WELL DONE!** 

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