



How to change rear  
shock absorbers on  
**VOLVO XC70 II Estate**  
**(136)** – 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:

VOLVO XC70 II Estate (136) 3.2 AWD, VOLVO XC70 II Estate (136) 3.0 T6 AWD, VOLVO XC70 II Estate (136) 2.4 D5 AWD, VOLVO XC70 II Estate (136) 2.0 D3, VOLVO XC70 II Estate (136) 3.2, VOLVO XC70 II Estate (136) 2.4 D / D4 AWD, VOLVO XC70 II Estate (136) 2.4 D, VOLVO XC70 II Estate (136) 2.4 D4 AWD, VOLVO XC70 II Estate (136) 2.0 D4, VOLVO XC70 II Estate (136) 2.0 T5, VOLVO XC70 II Estate (136) T5 AWD, VOLVO XC70 II Estate (136) T6 AWD, VOLVO XC70 II Estate (136) D5 AWD, VOLVO XC70 II Estate (136) T6 Polestar AWD

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: VOLVO V70 III (135) 2.0 FlexiFuel

REPLACEMENT: SHOCK ABSORBERS – VOLVO XC70 II  
ESTATE (136). LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Ceramic grease
- Torque wrench
- Combination spanner #13
- Drive socket # 10
- Drive socket # 18
- Shock absorber socket #DD5.2
- Wheel impact socket #19
- Ratchet wrench
- Tap wrench
- Hydraulic transmission jack
- Wheel chock

**Buy tools**

Replacement: shock absorbers – VOLVO XC70 II Estate (136). AUTODOC recommends:

- 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.
- Please note: all work on the car – VOLVO XC70 II Estate (136) – should be done with the engine switched off.

**CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:**

**1** Secure the wheels with chocks.

**2** Loosen the wheel bolts. Use wheel impact socket #19. Use a tap wrench.



**3** Raise the car.

Replacement: shock absorbers – VOLVO XC70 II Estate (136). Tip:

- 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.

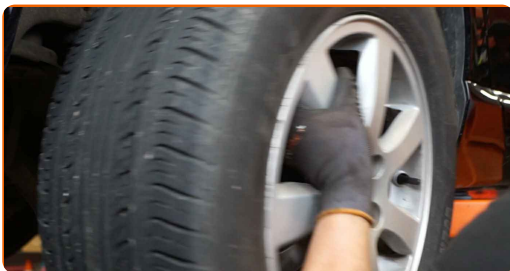
**4** Unscrew the wheel bolts.



**AUTODOC recommends:**

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

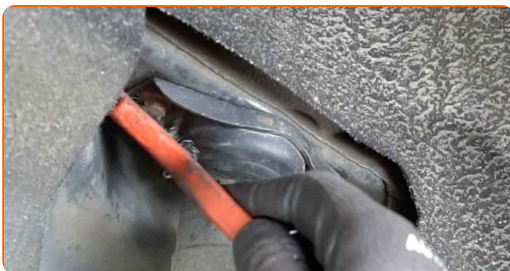
**5** Remove the wheel.



**6** Support the rear knuckle. Use a hydraulic transmission jack.

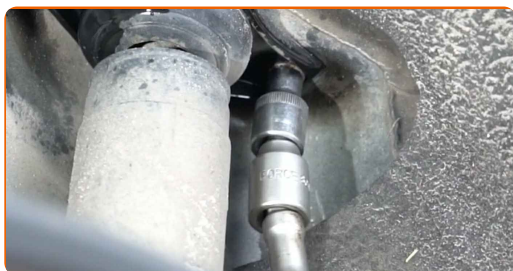


**7** Clean the fasteners of the shock absorber upper mount. Use a wire brush. Use WD-40 spray.



8

Unscrew the shock absorber mount fasteners. Use a drive socket #10. Use a ratchet wrench.



9

Remove the fastening bolts.

10

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



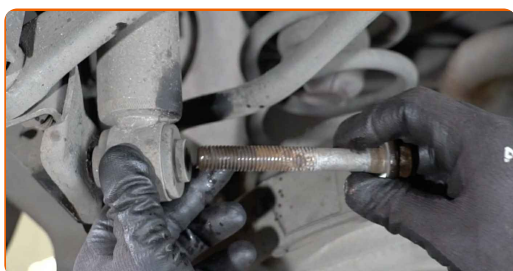
11

Unscrew the lower fasteners of the shock absorber. Use a drive socket #18. Use a ratchet wrench.



12

Remove the fastening bolt.



**13** Remove the shock absorber.



**14** Clean the shock absorber mounting seats. Use a wire brush.



**15** Grip the shock absorber in a vice.



**16** Clean the shock absorber rod fastener. Use a wire brush. Use WD-40 spray.

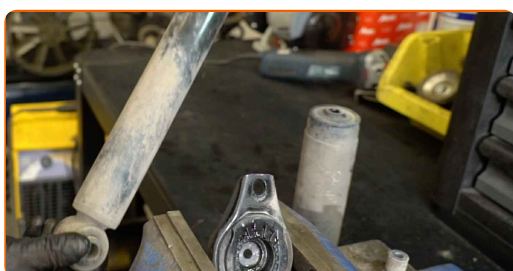




- 17** Unscrew the fastener of the shock absorber piston rod. Use a combination spanner #13. Use a shock absorber socket #DD5.2. Use a ratchet wrench.



- 18** Remove the shock absorber mount, dust boot, and bump stop.



Replacement: shock absorbers – VOLVO XC70 II Estate (136). AUTODOC experts recommend:

- Thoroughly examine the shock absorber mount, dust boot, and bump stop. Replace them if necessary.

- 19** Install the mount, dust boot, and bump stop on a new shock absorber.



AUTODOC recommends:

- Before installing a new shock absorber you should pump it 3–5 times by hand.



- 20 Tighten the shock absorber rod nut. Use a combination spanner #13. Use a shock absorber socket #DD5.2. Use a torque wrench. Tighten it to 25 Nm torque.



- 21 Release the vice and take out the shock absorber.

- 22 Place the shock absorber in the wheel arch and secure it.



- 23 Install the fastening bolts.



- 24 For tightening the fasteners correctly, you have to jack up the suspension components to their working position. Use a hydraulic transmission jack.



- 25** Tighten the lower fastener of the shock absorber. Use a drive socket #18. Use a torque wrench. Tighten it to 150 Nm torque.



- 26** Tighten the shock absorber mount fasteners. Use a drive socket #10. Use a torque wrench. Tighten it to 30 Nm torque.



- 27** Remove the support from under the rear knuckle.

**AUTODOC recommends:**

- VOLVO XC70 II Estate (136) – Do not lower the transmission jack sharply to avoid damaging components and mechanisms of the car.

- 28** Clean the wheel rim mounting seat. Use a wire brush.



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

30

Clean the brake disk surface. Use a brake cleaner.



31

Install the wheel.

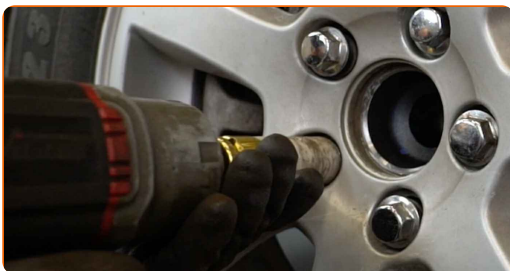


Replacement: shock absorbers – VOLVO XC70 II Estate (136). Tip from AUTODOC experts:

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

32

Screw in the wheel bolts. Use wheel impact socket #19. Use a ratchet wrench.



- 33** 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 140 Nm torque.



- 34** Remove the jacks and chocks.



**WELL DONE!** 

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