



How to change rear
shock absorbers on **VW**
Golf Plus / Crossgolf
(5M1, 521) – replacement
guide

SIMILAR VIDEO TUTORIAL



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

Important!

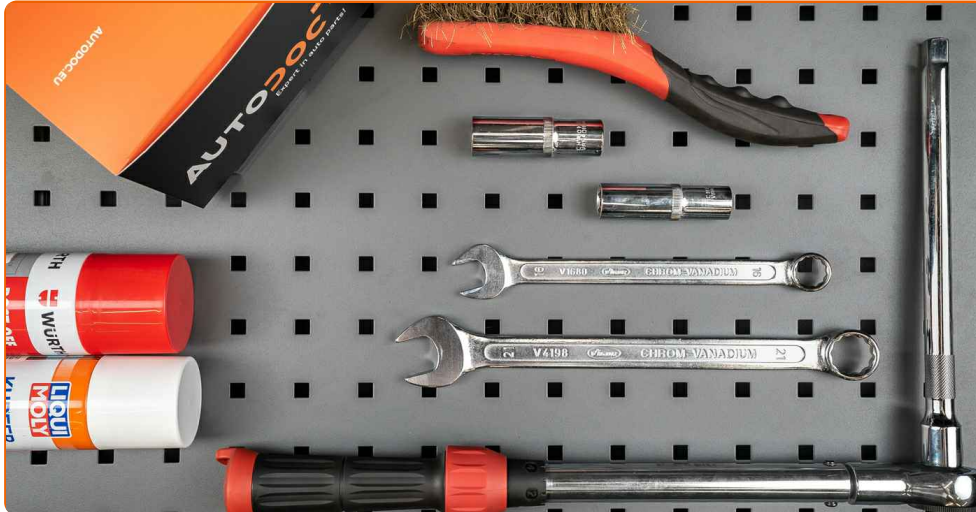
This replacement procedure can be used for:

VW Golf Plus / Crossgolf (5M1, 521) 1.6 BiFuel, VW Golf Plus / Crossgolf (5M1, 521) 1.6 TDI, VW Golf Plus / Crossgolf (5M1, 521) 1.2 TSI, VW Golf Plus / Crossgolf (5M1, 521) 1.4 16V, VW Golf Plus / Crossgolf (5M1, 521) 1.6 FSI, VW Golf Plus / Crossgolf (5M1, 521) 1.9 TDI, VW Golf Plus / Crossgolf (5M1, 521) 2.0 TDI 16V, VW Golf Plus / Crossgolf (5M1, 521) 2.0 FSI, VW Golf Plus / Crossgolf (5M1, 521) 1.6, VW Golf Plus / Crossgolf (5M1, 521) 2.0 TDI, VW Golf Plus / Crossgolf (5M1, 521) 1.4 TSI, VW Golf Plus / Crossgolf (5M1, 521) 1.4 FSI, VW Golf Plus / Crossgolf (5M1, 521) 1.6 MultiFuel

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: VW Touran I (1T3) 1.6 TDI

REPLACEMENT: SHOCK ABSORBERS – VW GOLF PLUS / CROSSGOLF (5M1, 521). TOOLS YOU MIGHT NEED:



- Wire brush
- WD-40 spray
- Combination spanner #16
- Combination spanner #21
- Drive socket # 16
- Drive socket # 21
- Hydraulic transmission jack
- Copper grease
- Adjustable wrench
- Torque wrench
- Wheel impact socket #17
- Wheel chock

[Buy tools](#)

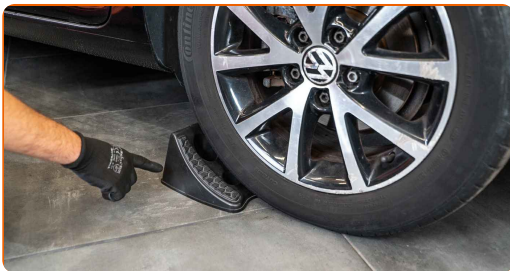
Replacement: shock absorbers – VW Golf Plus / Crossgolf (5M1, 521). Tip from AUTODOC:

- 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.

CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

1

Secure the wheels with chocks.



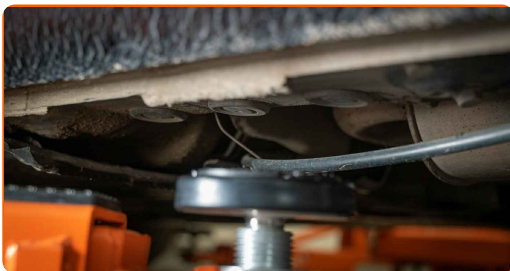
2

Loosen the wheel mounting bolts. Use wheel impact socket #17.



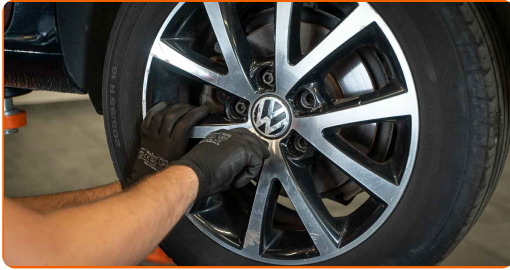
3

Raise the rear of the car and secure on supports.



4

Unscrew the wheel bolts.

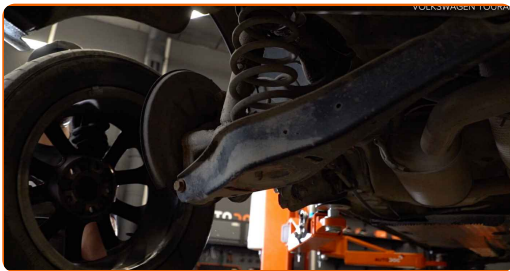


AUTODOC recommends:

- Important! Hold the wheel while unscrewing the fastening bolts. VW Golf Plus / Crossgolf (5M1, 521)

5

Remove the wheel.

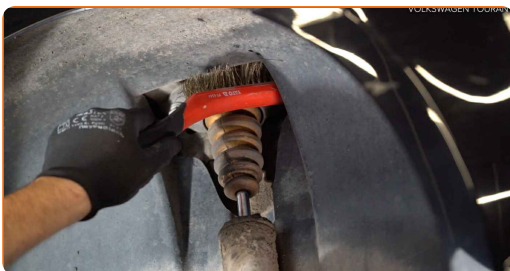


6

Support the arm. Use a hydraulic transmission jack.

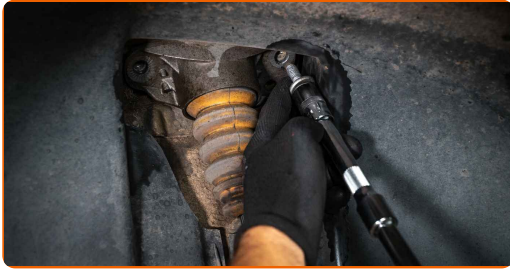
7

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



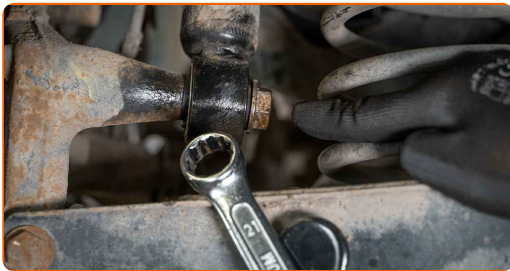
8

Unscrew the shock absorber mount fastening. Use a drive socket #16.



9

Unscrew the lower fastener of the shock absorber. Use a combination spanner #21.

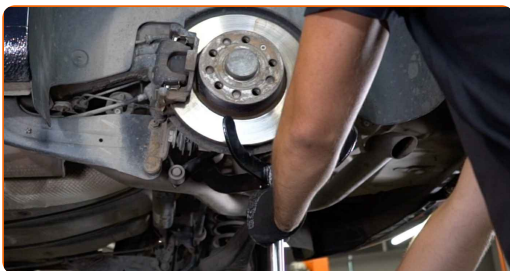


Replacement: shock absorbers – VW Golf Plus / Crossgolf (5M1, 521).
AUTODOC recommends:

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

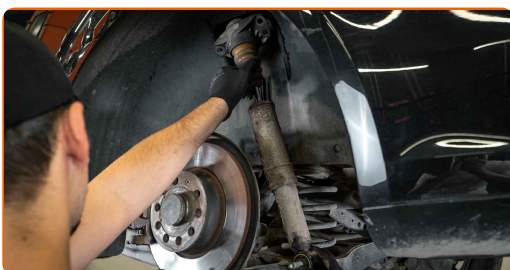
10

Remove the support from under the rear arm.

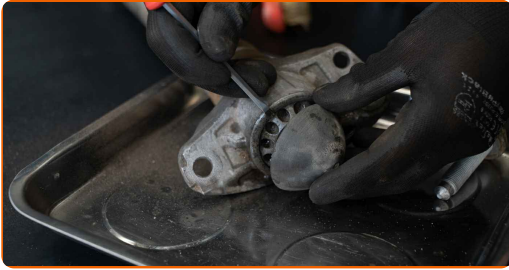


11

Remove the shock absorber.



12 Remove the protective cap of the shock absorber mount.



13 Remove the shock absorber piston rod fastening. Use a combination spanner #16. Use an adjustable wrench.



14 Remove the shock absorber mount, boot and bump stop.



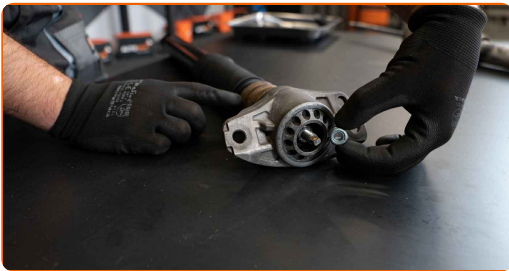
AUTODOC recommends:

- Before installing a new shock absorber you should pump it manually 3-5 times.
- Replacement: shock absorbers – VW Golf Plus / Crossgolf (5M1, 521). Carefully inspect the mount, the boot, and the bump stop of the shock absorber. Replace if necessary.

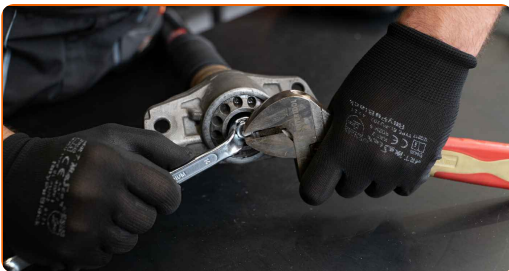
15 Install the boot and a bump stop onto the shock absorber.



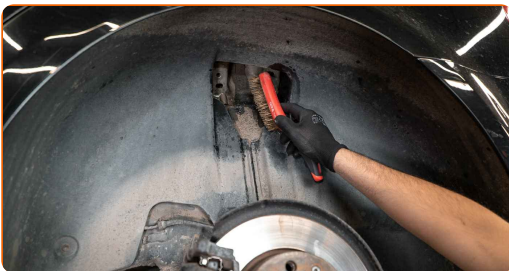
16 Install the shock absorber upper mount.



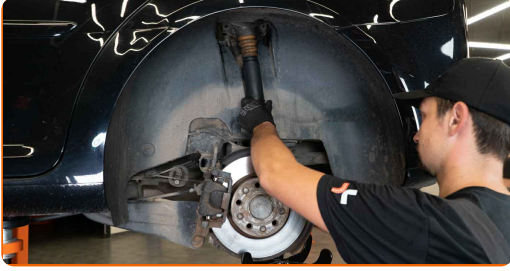
17 Screw the shock strut piston rod upper fastening. Use a combination spanner #16. Use an adjustable wrench. Use a torque wrench. Tighten it to 25 Nm torque.



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

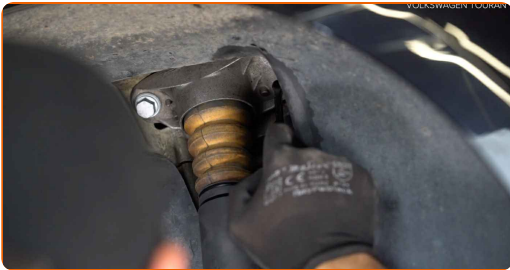


19 Place the shock absorber in the wheel arch and secure it.

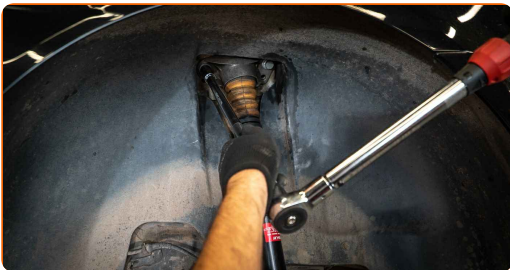


20 Support the arm. Use a hydraulic transmission jack.

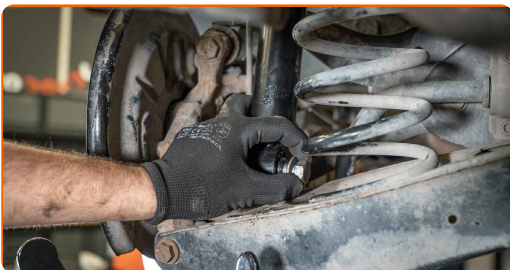
21 Install the shock absorber mount using the center hole as a guide.



22 Tighten the shock absorber mount fasteners. Important! Be sure to use new fasteners. Use a drive socket #16. Use a torque wrench. Tighten it to 50 Nm torque.+45°



23 Tighten the lower fastener of the shock absorber. Use a drive socket #21. Use a torque wrench. Tighten it to 180 Nm torque.



24 Remove the support from under the rear arm.



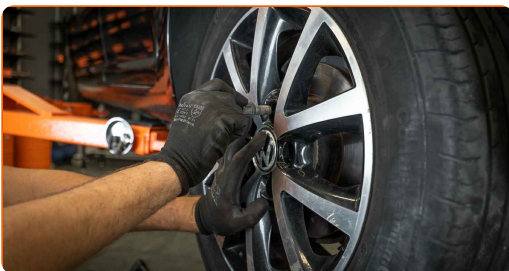
25.1 Clean the wheel rim mounting seat. Use a wire brush.



25.2 Treat the contacting surface. Use copper grease.



26 Install the wheel.

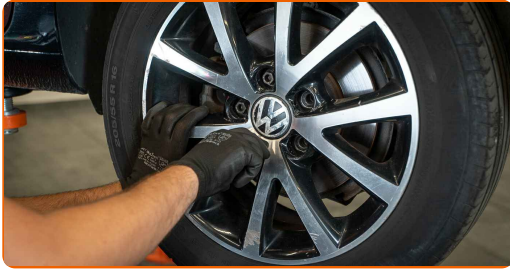


Replacement: shock absorbers – VW Golf Plus / Crossgolf (5M1, 521). Tip from AUTODOC experts:

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

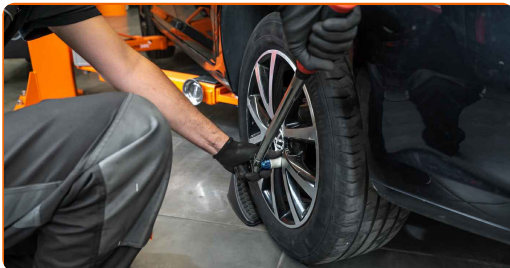
27

Screw in the wheel bolts. Use wheel impact socket #17.



28

Lower the car and working in a cross order, tighten the wheel bolts. Use a torque wrench. Tighten it to 120 Nm torque.



29

Remove the jacks and chocks.

WELL DONE! 👍

VIEW MORE TUTORIALS

AUTODOC – TOP QUALITY AND AFFORDABLE CAR PARTS ONLINE

AUTODOC MOBILE APP: GREAT DEALS AND CONVENIENT SHOPPING



AUTODOC

GET IT ON
 **Google Play**

Download on the
 **App Store**

Download

A GREAT SELECTION OF SPARE PARTS FOR YOUR CAR

SHOCK ABSORBERS: A WIDE SELECTION

DISCLAIMER:

The document contains only general recommendations that may be useful for you when you perform repair or replacement work. AUTODOC shall not be liable for any loss, injury, damage of property occurring in the repair or replacement process due to incorrect use or misinterpretation of the provided information.

AUTODOC shall not be liable for any possible mistakes and uncertainties in this guide. The information provided is for information purposes only and cannot replace advice from specialists.

AUTODOC shall not be liable for incorrect or hazardous usage of equipment, tools and car parts. AUTODOC strongly recommends to be careful and observe the safety rules when performing repair or replacement works. Remember: usage of low quality auto parts does not guarantee you the appropriate level of road safety.

© Copyright 2021 – All the contents of this website, in particular texts, photographs and graphics, are protected by copyright. All rights, including reproduction, publication, editing and translation rights, are reserved by AUTODOC GmbH.