



How to change rear
shock absorbers on **VW**
Golf VI Variant (AJ5) –
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 VI Variant (AJ5) 1.6 MultiFuel, VW Golf VI Variant (AJ5) 2.0 TDI, VW Golf VI Variant (AJ5) 1.6, VW Golf VI Variant (AJ5) 1.4, VW Golf VI Variant (AJ5) 1.4 TSI, VW Golf VI Variant (AJ5) 1.6 TDI, VW Golf VI Variant (AJ5) 1.6 TDI 4motion, VW Golf VI Variant (AJ5) 1.2 TSI, VW Golf VI Variant (AJ5) 2.0 TSI

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 VI
VARIANT (AJ5). 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](#)

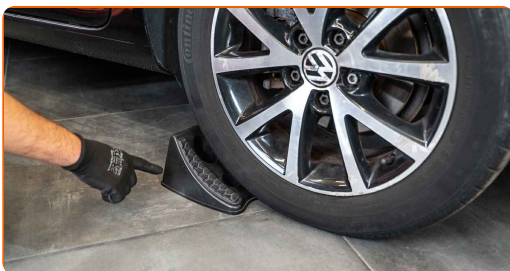
Replacement: shock absorbers – VW Golf VI Variant (AJ5). Tip from AUTODOC:

- 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.



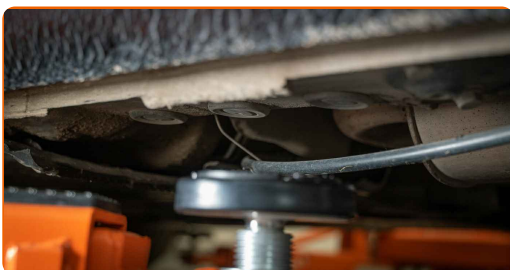
2

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



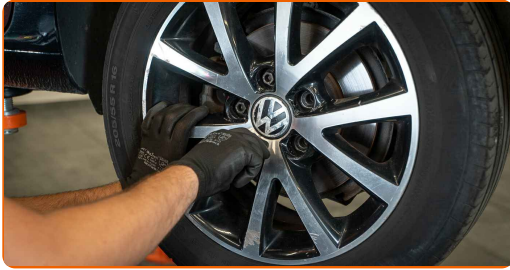
3

Raise the rear of the car and secure on supports.



4

Unscrew the wheel bolts.

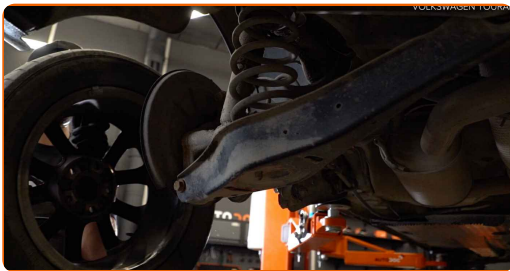


AUTODOC recommends:

- Important! Hold the wheel while unscrewing the fastening bolts. VW Golf VI Variant (AJ5)

5

Remove the wheel.

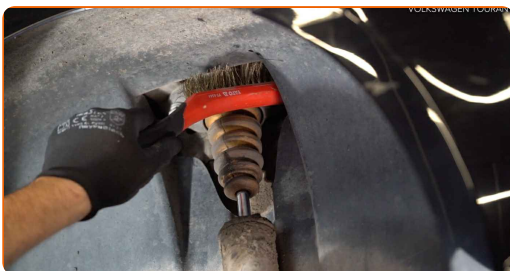


6

Support the arm. Use a hydraulic transmission jack.

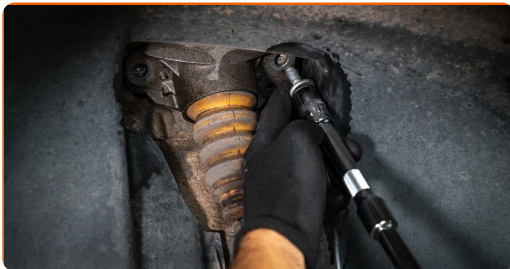
7

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



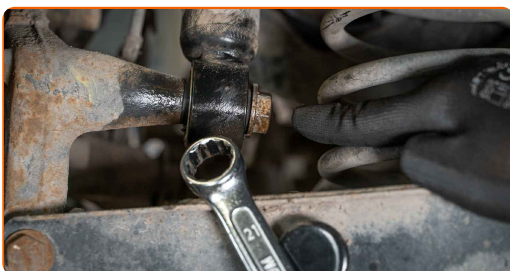
8

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.

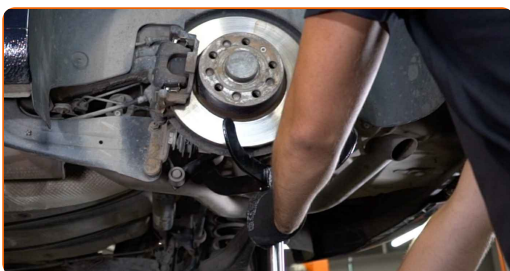


Replacement: shock absorbers – VW Golf VI Variant (AJ5). AUTODOC recommends:

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

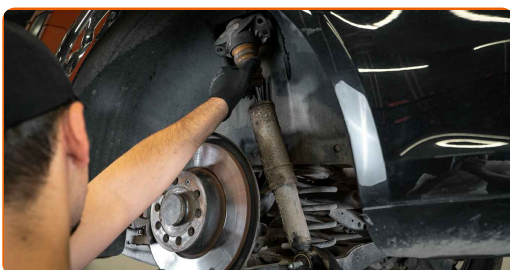
10

Remove the support from under the rear arm.

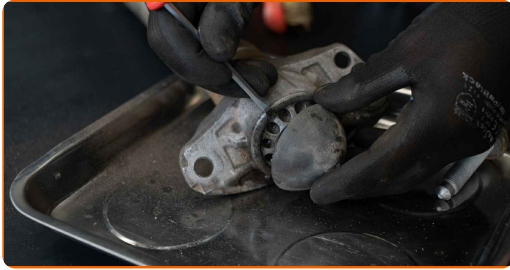


11

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 VI Variant (AJ5). Carefully inspect the mount, the boot, and the bump stop of the shock absorber. Replace if necessary.

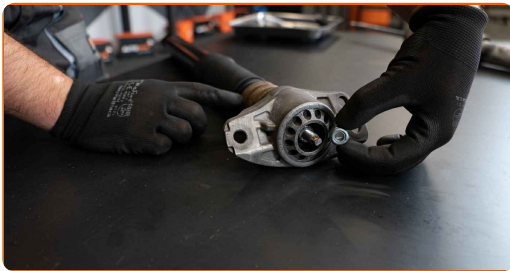
15

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



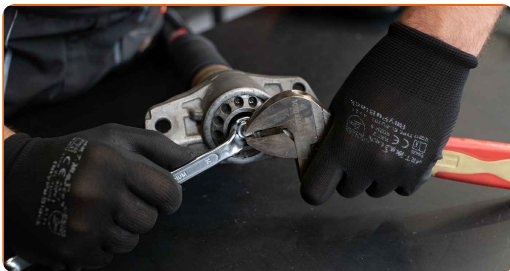
16

Install the shock absorber upper mount.



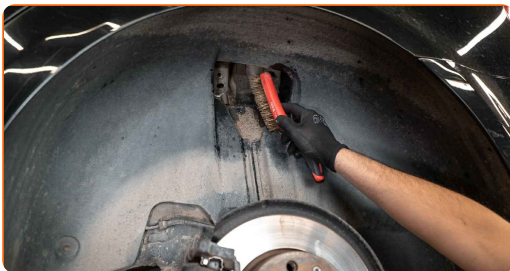
17

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.

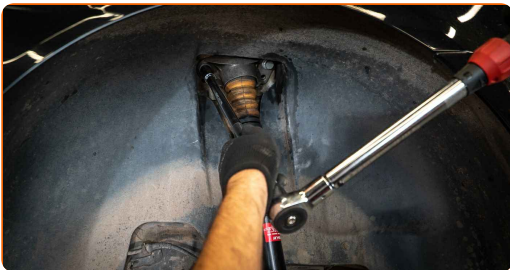


20 Support the arm. Use a hydraulic transmission jack.

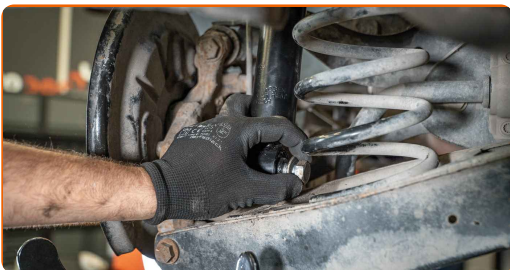
21 Install the shock absorber mount using the center hole as a guide.



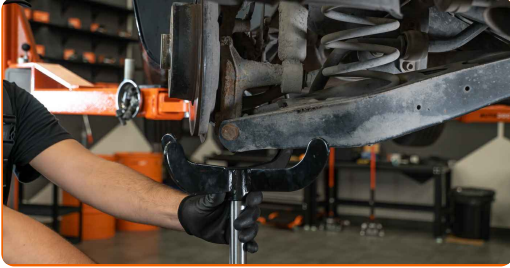
22 Tighten the shock absorber mount fasteners. Important! Be sure to use new fasteners. Use a drive socket #16. Use a torque wrench. Tighten it to 50 Nm torque.+45°



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



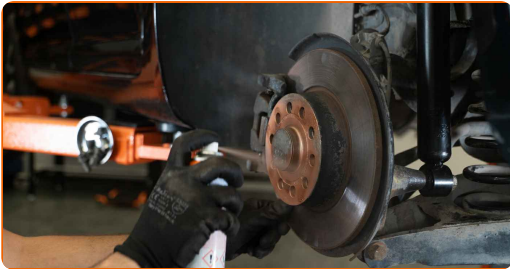
24 Remove the support from under the rear arm.



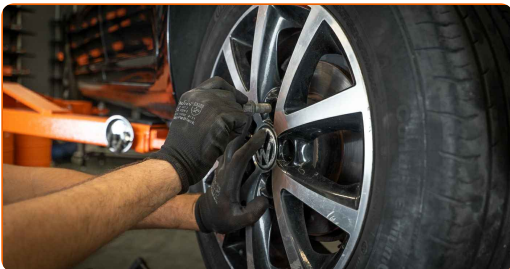
25.1 Clean the wheel rim mounting seat. Use a wire brush.



25.2 Treat the contacting surface. Use copper grease.



26 Install the wheel.

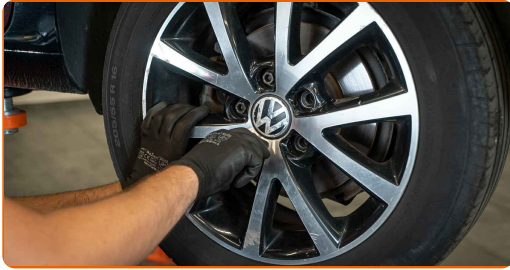


Replacement: shock absorbers – VW Golf VI Variant (AJ5). Tip from AUTODOC experts:

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

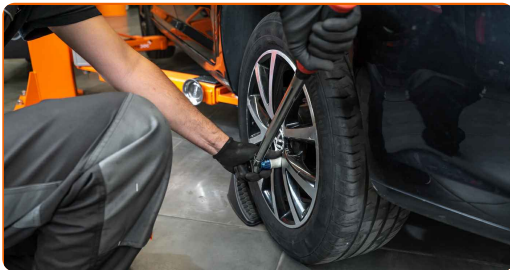
27

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! 👍

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SHOCK ABSORBERS: A WIDE SELECTION

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