



How to change front  
upper arm on **VW**  
**Transporter IV Van (70A,  
70H, 7DA, 7DH) –**  
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 Transporter IV Van (70A, 70H, 7DA, 7DH) 2.0, VW Transporter IV Van (70A, 70H, 7DA, 7DH) 2.5, VW Transporter IV Van (70A, 70H, 7DA, 7DH) 1.9 TD, VW Transporter IV Van (70A, 70H, 7DA, 7DH) 2.4 D, VW Transporter IV Van (70A, 70H, 7DA, 7DH) 2.5 Syncro, VW Transporter IV Van (70A, 70H, 7DA, 7DH) 2.4 D Syncro, VW Transporter IV Van (70A, 70H, 7DA, 7DH) 2.5 TDI, VW Transporter IV Van (70A, 70H, 7DA, 7DH) 2.5 TDI Syncro, VW Transporter IV Van (70A, 70H, 7DA, 7DH) 2.8 VR6

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 Transporter IV Van (70A, 70H, 7DA, 7DH) 2.5 TDI

**REPLACEMENT: FRONT UPPER ARM – VW  
TRANSPORTER IV VAN (70A, 70H, 7DA, 7DH). LIST OF  
THE TOOLS YOU'LL NEED:**



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Drive socket # 18
- Drive socket # 21
- Combination spanner #18
- Combination spanner #21
- Combination spanner #24
- Combination spanner #27
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Pin punch
- Hammer
- Crow bar
- Wheel chock

**Buy tools**

Replacement: front upper arm – VW Transporter IV Van (70A, 70H, 7DA, 7DH).  
 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 – VW TRANSPORTER IV VAN (70A, 70H, 7DA, 7DH). RECOMMENDED SEQUENCE OF STEPS:

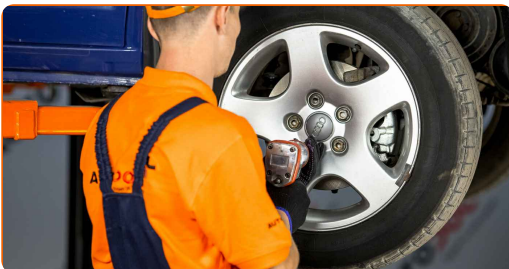
**1** Secure the wheels with chocks.



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

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

**4** Unscrew the wheel bolts.



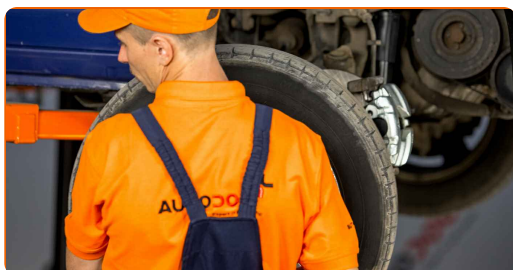
Replacement: front upper arm – VW Transporter IV Van (70A, 70H, 7DA, 7DH).

Tip:

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

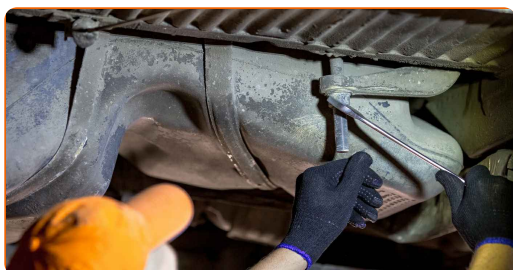
5

Remove the wheel.



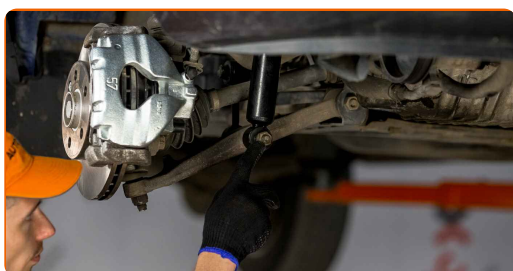
6

Loosen the tension of the torsion bars. Use a combination spanner #27.



7

Clean the shock strut fasteners. Use a wire brush. Use WD-40 spray.



8

Unscrew the fastener connecting the shock strut to the suspension control arm.



8.2

Use a combination spanner #21. Use a drive socket #21. Use a ratchet wrench.



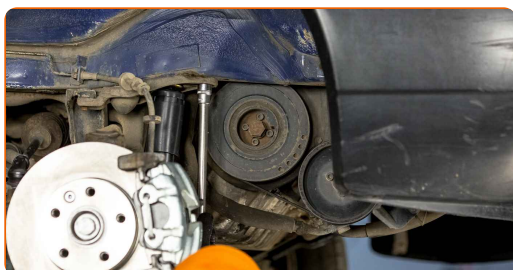
9

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



10

Unscrew the top fastening of the shock strut. Use a drive socket #18. Use a ratchet wrench.

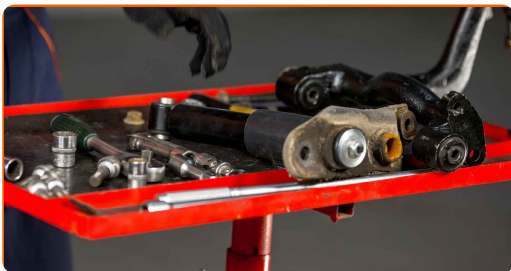


**AUTODOC recommends:**

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

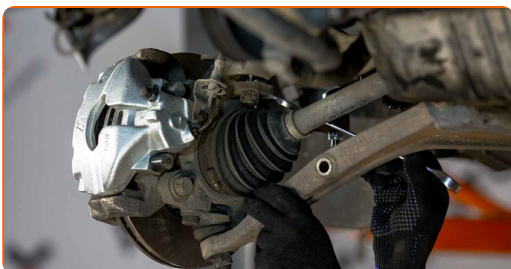


**11** Remove the suspension strut.



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

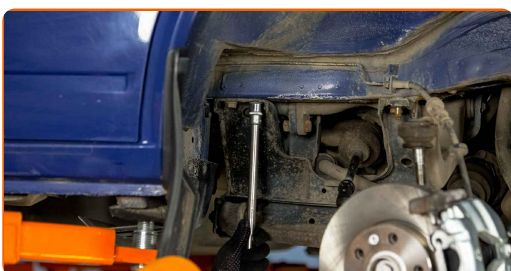
**13** Unscrew the top fastening of the ball joint. Use a combination spanner #24.



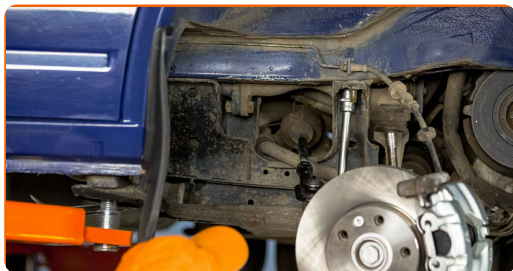
**14** Disconnect the ball joint from the steering knuckle. Use a crowbar. Use a hammer.



**15** Unscrew the subframe fastening. Use a drive socket #18. Use a ratchet wrench.



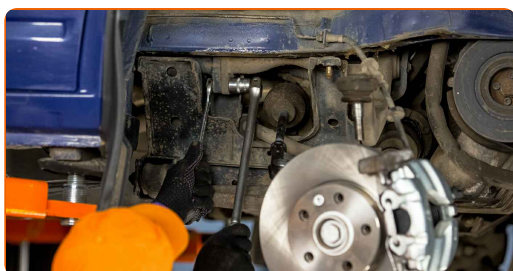
**16** Unscrew the subframe fastening. Use a drive socket #21. Use a ratchet wrench.



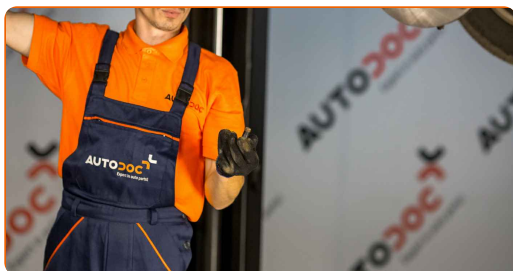
**17** Clean all joints of the arm. Use a wire brush. Use WD-40 spray.



**18** Unscrew the upper control arm fasteners (2 pieces). Use a combination spanner #21. Use a drive socket #21. Use a ratchet wrench.

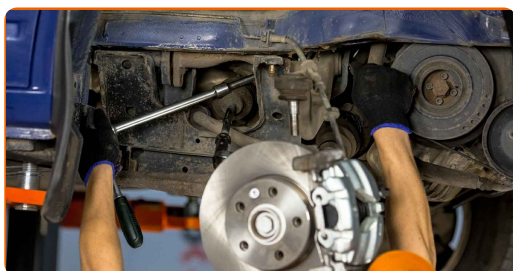


**19** Remove the fastening bolts.





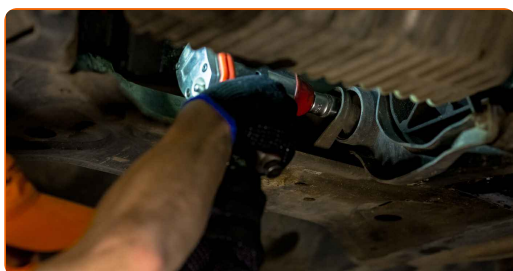
- 20 Unscrew the rear fastener connecting the control arm to the subframe. Use a combination spanner #18. Use a drive socket #18. Use a ratchet wrench.



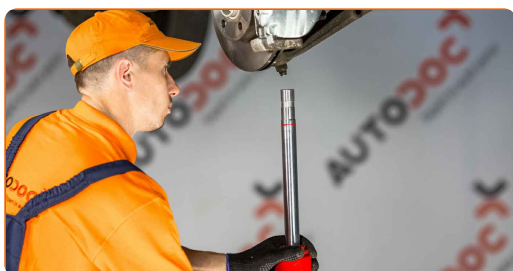
- 21 Unscrew the front arm fastener. Use a combination spanner #18. Use a drive socket #18. Use a ratchet wrench.

- 22 Remove the fastening bolts.

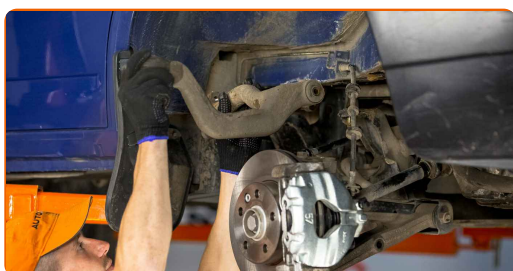
- 23 Unscrew the engine mount fastener that connects it to the subframe. Use a drive socket #21. Use a ratchet wrench.



- 24 Support the arm. Use a hydraulic transmission jack.



- 25 Remove the arm. Use a crowbar.



**26** Clean the mounting seats and the thread of the suspension arm. Use a wire brush. Use WD-40 spray.

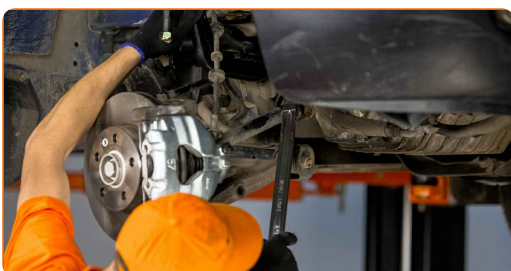
**27** Install a new arm.



Replacement: front upper arm – VW Transporter IV Van (70A, 70H, 7DA, 7DH).  
Tip from AUTODOC experts:

- During the installation process, use only new bolts and nuts.
- Do not damage the ball joint cover.
- Position the control arm according to its mounting holes.

**28** Install the fastening bolts. Use a hammer. Use a crowbar.



**29** Raise the hydraulic transmission jack by 10-15 cm.

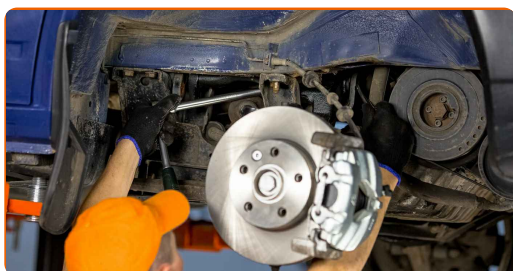


**30** Tighten the subframe fastening. Use a drive socket #21. Use a ratchet wrench.

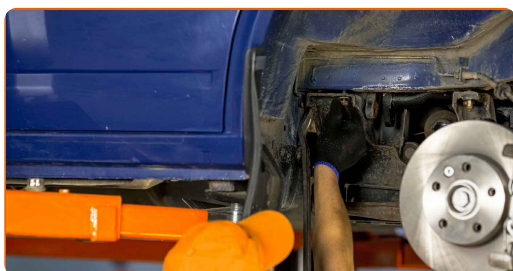
**31** Tighten the subframe fastening. Use a drive socket #18. Use a ratchet wrench.

**32** Tighten the front fastener connecting the control arm to the subframe. Use a combination spanner #18. Use a drive socket #18. Use a torque wrench. Tighten it to 100 Nm torque.

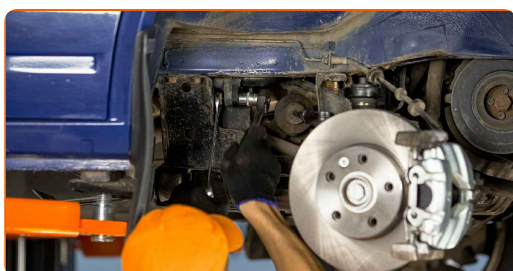
**33** Tighten the rear fastener connecting the control arm to the subframe. Use a combination spanner #18. Use a drive socket #18. Use a torque wrench. Tighten it to 100 Nm torque.



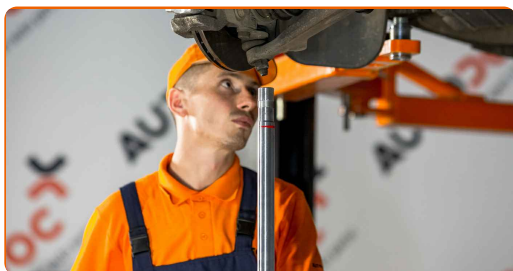
**34** Install the fastening bolts. Use a crowbar.



**35** Tighten the upper control arm fasteners (2 pieces). Use a combination spanner #21. Use a drive socket #21. Use a torque wrench. Tighten it to 160 Nm torque.



**36** Remove the support from under the arm.



**AUTODOC recommends:**

- Replacement: front upper arm – VW Transporter IV Van (70A, 70H, 7DA, 7DH). Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

**37** Connect the ball joint to the steering knuckle.



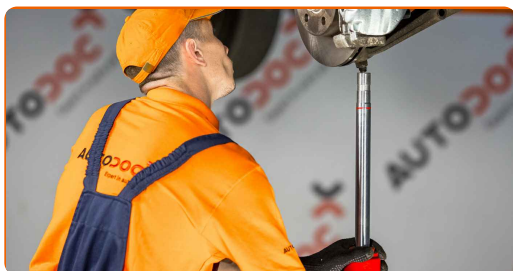
**38** Support the arm. Use a hydraulic transmission jack.

**39** Tighten the top fastening of the ball joint. Use a combination spanner #24. Use a torque wrench. Tighten it to 110 Nm torque.



40

Remove the support from under the arm.

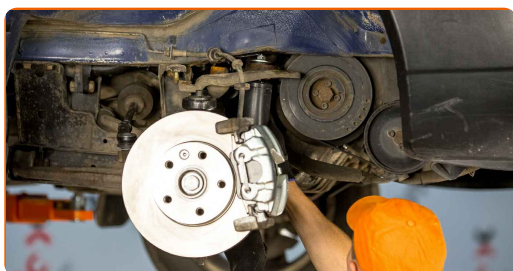


**AUTODOC recommends:**

- VW Transporter IV Van (70A, 70H, 7DA, 7DH) – Do not lower the transmission jack sharply to avoid damaging components and mechanisms of the car.

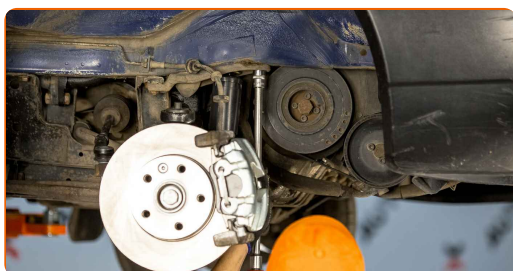
41

Install the shock strut into the wheel arch.



42

Tighten the shock strut top mount. Use a drive socket #18. Use a torque wrench. Tighten it to 100 Nm torque.



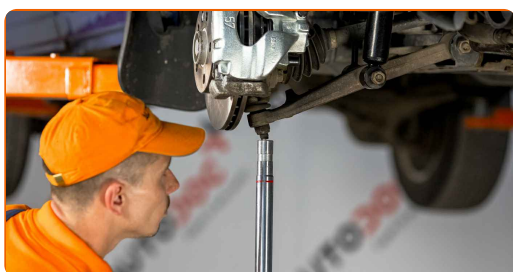


- 43** Screw in the fastener connecting the suspension strut to the control arm. Use a drive socket #21. Use a ratchet wrench.



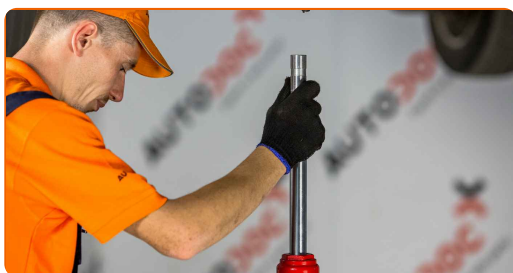
- 44** Install the fastening bolt.

- 45** Support the arm. Use a hydraulic transmission jack.



- 46** Tighten the fastener connecting the shock strut to the suspension control arm. Use a drive socket #21. Use a torque wrench. Tighten it to 160 Nm torque.

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

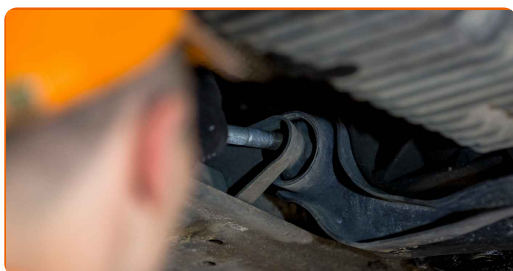


Replacement: front upper arm – VW Transporter IV Van (70A, 70H, 7DA, 7DH).  
Tip from AUTODOC:

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



- 48** Tighten the fastening bolt connecting the engine mount to the subframe. Use a drive socket #21. Use a torque wrench. Tighten it to 160 Nm torque.

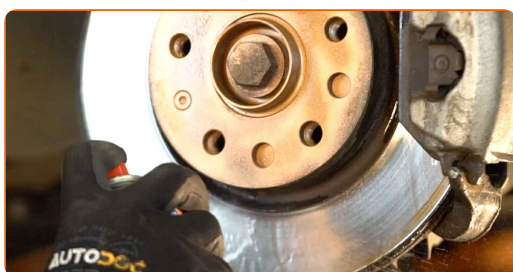


- 49** Tighten the tension of the torsion bars. Use a combination spanner #24.



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

- 51** Clean the brake disc surface. Use a brake cleaner.



**AUTODOC recommends:**

- Replacement: front upper arm – VW Transporter IV Van (70A, 70H, 7DA, 7DH).  
After applying the spray, wait a few minutes.

**52**

Install the wheel.

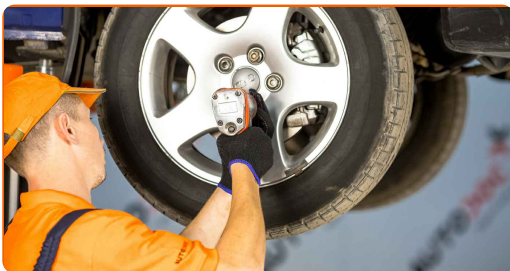


**AUTODOC recommends:**

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

**53**

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



**54**

Lower the car and working in a cross order, tighten the wheel bolts. Use a torque wrench. Tighten it to 160 nm torque.



**55**

Remove the jacks and chocks.

**WELL DONE!** 

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