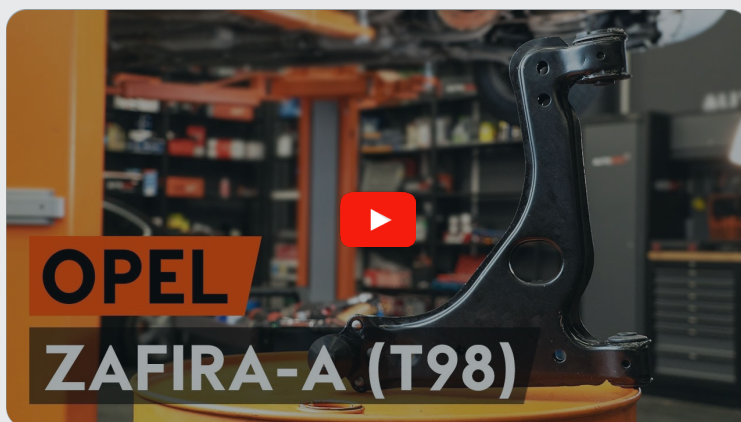




How to change front
lower arm on **Opel Zafira
F75** – replacement guide

VIDEO TUTORIAL



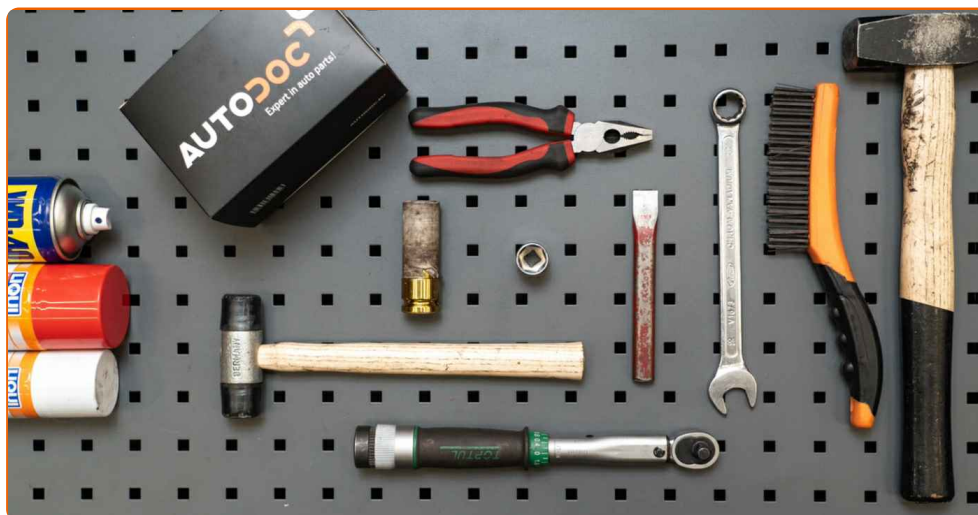
Important!

This replacement procedure can be used for:

OPEL Astra G CC (T98) 1.2 16V (F08, F48), OPEL Astra G CC (T98) 1.6 (F08, F48), OPEL Astra G CC (T98) 1.6 16V (F08, F48), OPEL Astra G CC (T98) 1.8 16V (F08, F48), OPEL Astra G CC (T98) 2.0 16V (F08, F48), OPEL Astra G CC (T98) 1.7 TD (F08, F48), OPEL Astra G CC (T98) 2.0 DI (F08, F48), OPEL Astra G Caravan (T98) 1.2 16V (F35), OPEL Astra G Caravan (T98) 1.6 (F35), OPEL Astra G Caravan (T98) 1.6 16V (F35), OPEL Astra G Caravan (T98) 1.8 16V (F35), OPEL Astra G Caravan (T98) 2.0 16V (F35), OPEL Astra G Caravan (T98) 1.7 TD (F35), OPEL Astra G Caravan (T98) 2.0 DI (F35), OPEL Astra G Caravan (T98) 2.2 DTI (F35), (+ 75)

The steps may slightly vary depending on the car design.

REPLACEMENT: FRONT LOWER ARM – OPEL ZAFIRA F75. LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Combination spanner #18
- Drive socket # 18
- Wheel impact socket #19
- Ratchet wrench
- Torque wrench
- Tap wrench
- Hammer
- Flat chisel
- Rubber mallet
- Crow bar
- Hydraulic transmission jack
- Wheel chock

BUY TOOLS

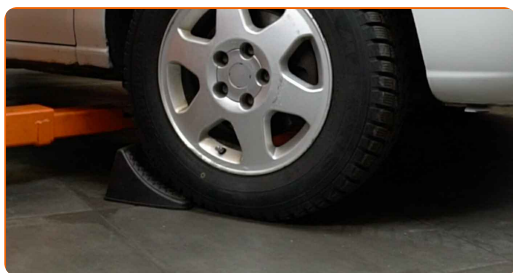
Replacement: front lower arm – Opel Zafira F75. AUTODOC recommends:

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

REPLACEMENT: FRONT LOWER ARM – OPEL ZAFIRA F75. TAKE THE FOLLOWING STEPS:

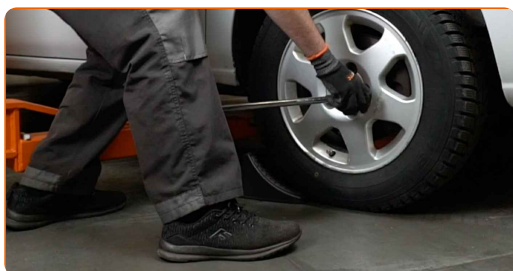
1

Secure the wheels with chocks.



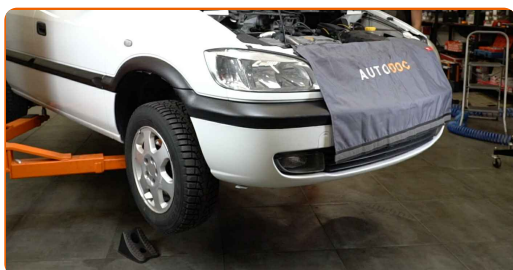
2

Loosen the wheel mounting bolts. Use wheel impact socket #19.



3

Raise the front of the car and secure on supports.



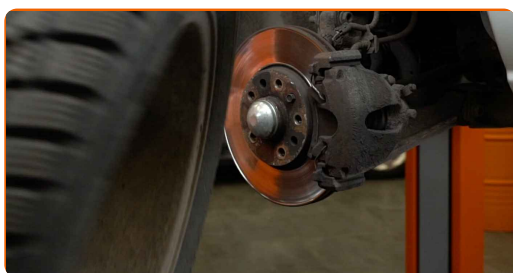
4 Unscrew the wheel bolts.



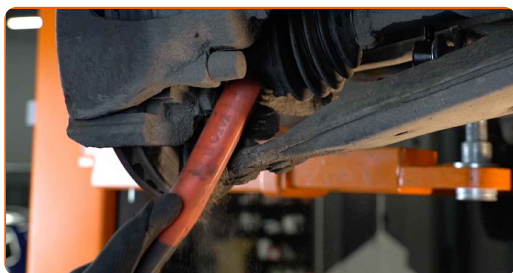
Replacement: front lower arm – Opel Zafira F75. Tip:

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

5 Remove the wheel.



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



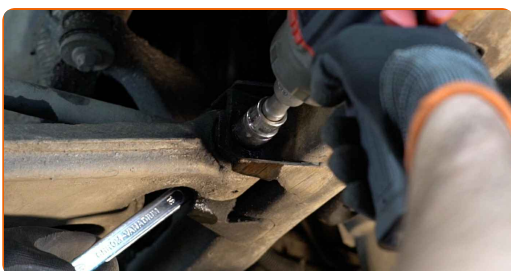
- 7 Unscrew the ball joint fastening to the steering knuckle. Use a combination spanner #18. Use a drive socket #18. Use a ratchet wrench.



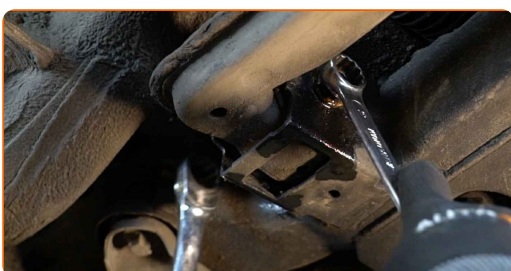
- 8 Remove the fastening bolt.



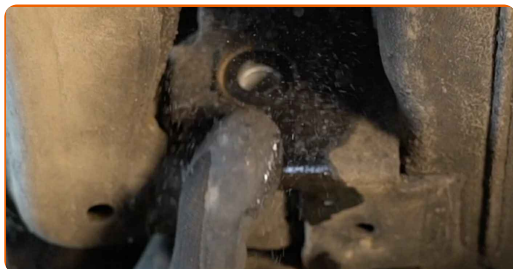
- 9 Unscrew the front arm fastener. Use a combination spanner #18. Use a drive socket #18. Use a ratchet wrench.



- 10 Unscrew the rear fastener connecting the control arm to the subframe. Use a combination spanner #18 (2 pieces).



11 Remove the rear fastener of the control arm.



12 Release the fastener that connects the control arm ball joint to the steering knuckle. Use a flat metal-working chisel. Use a hammer.



13 Disconnect the lower arm from the steering knuckle.



14 Remove the front fastener of the control arm.

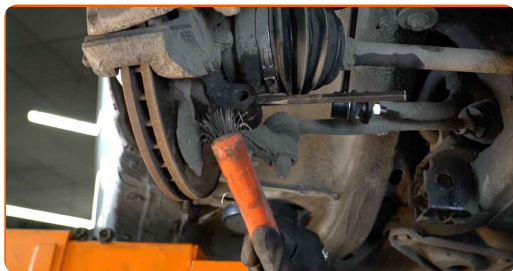


15 Remove the arm.



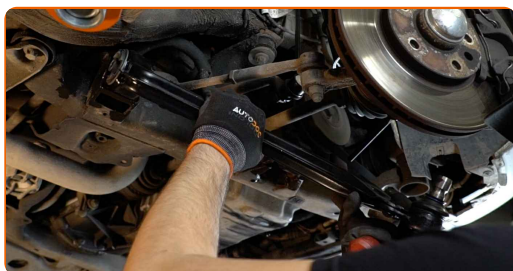
16

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



17

Install a new arm. Use a rubber mallet. Use a crowbar.

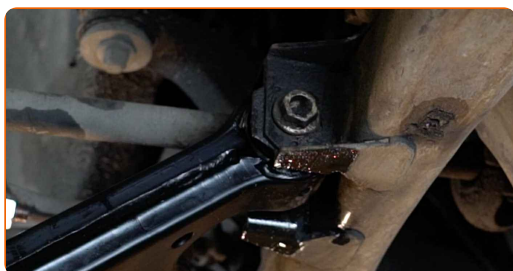


Replacement: front lower arm – Opel Zafira F75. AUTODOC experts recommend:

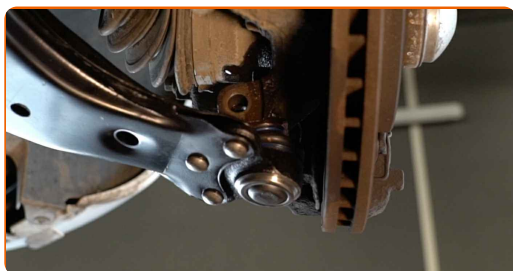
- During the installation process, use only new bolts and nuts.
- Do not damage the ball joint cover.

18

Install the control arm fasteners.

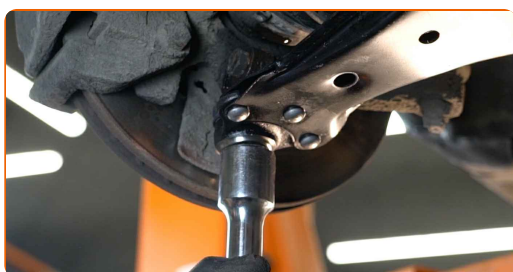


19 Connect the lower arm to the steering knuckle.

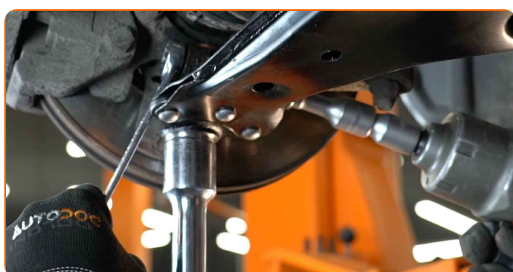


20 Install the fastening bolt.

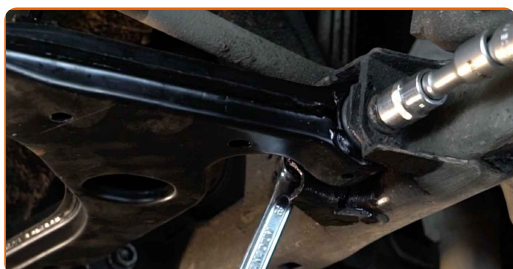
21 Support the arm. Use a hydraulic transmission jack.



22 Screw the fasteners of the ball joint. Use a combination spanner #18. Use a drive socket #18. Use a ratchet wrench.



23 Screw the front arm fastener. Use a combination spanner #18. Use a drive socket #18. Use a tap wrench.



- 24** Screw the rear fastener connecting the control arm to the subframe. Use a combination spanner #18. Use a drive socket #18. Use a tap wrench.



- 25** Tighten the rear fastener connecting the arm to the body subframe. Use a drive socket #18. Use a torque wrench. Tighten it to 100 Nm torque.



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



- 27** Tighten the ball joint fastener. Use a combination spanner #18. Use a drive socket #18. Use a torque wrench. Tighten it to 75 nm torque.



28

Remove the support from under the arm.

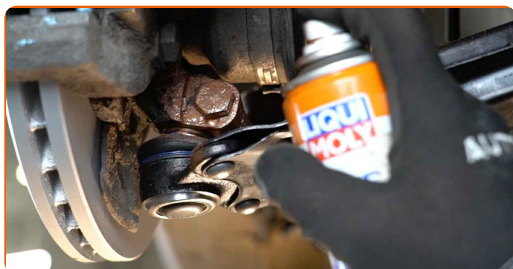


AUTODOC recommends:

- Replacement: front lower arm – Opel Zafira F75. Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

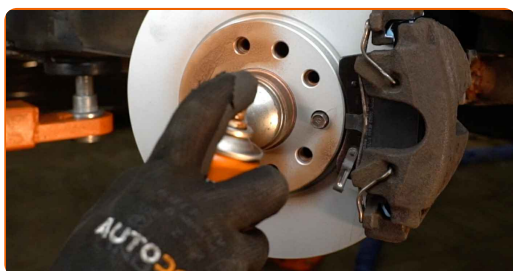
29

Treat all joints of the arm. Use copper grease.



30

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



31

Clean the brake disk surface. Use a brake cleaner.



Replacement: front lower arm – Opel Zafira F75. Tip from AUTODOC:

- After applying the spray, wait a few minutes.

32

Install the wheel.

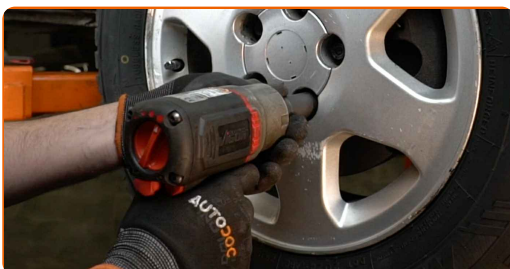


AUTODOC recommends:

- Important! Hold the wheel while screwing in the fastening bolts. Opel Zafira F75

33

Screw in the wheel bolts. Use wheel impact socket #19.



34

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 110 Nm torque.

**35**

Remove the jacks and chocks.



WELL DONE! 

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