



INSTALLATION INSTRUCTIONS

Progress Technology Rear Anti-Sway Bar

2006-2014 Honda Civic, all

Part # 62.1009

Revision D (11/27/2023)

WHO SHOULD INSTALL THIS PRODUCT?

Progress Technology products should only be installed by a qualified licensed mechanic experienced in the installation and removal of suspension components. Please read instructions from start to finish and verify the parts in the parts list before beginning installation.

Parts List

Description	Quantity	Description	Quantity
22mm Sway Bar	1	M8-1.25 x 16 FHCS (non Si only)	2
Bushing	2	M8-1.25 x 20 HHCS	6
U-bracket	2	M8-1.25 Nylock Nut	6
Lube	1	5/16 SAE Flatwasher	12
Reinforcement Tab - Rev. A	2	Thread locker	1
Backing plate (non Si only)	2		

If installing on a Si disregard the plates and added hardware. The bar is a direct replacement using stock hardware, supplied bushings and brackets.

1. Park vehicle on a smooth, level asphalt or concrete surface. Block front wheels. Jack up rear end of car and support with jack stands.
2. Remove the factory bushings, brackets, and end links keeping the OE hardware. Remove the bar from the vehicle.

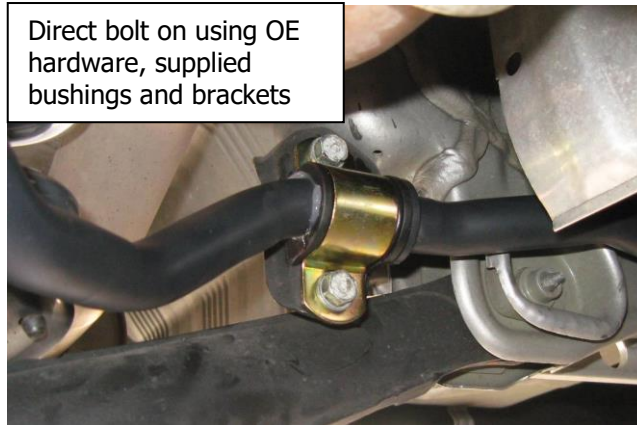
All vehicles - Locate the pivot "D" shaped polyurethane bushing and tube of special grease supplied in the hardware kit. Cut the end off the tube and apply grease to the inside bore of the bushing (Picture A). Open bushing and snap over the Progress sway bar, as positioned on the stock bar (inside the locating rings). Place the supplied brackets over the bushings.



Picture A

Si vehicles go to Step 3
Non Si vehicles go to Step 4.

3. Si vehicles - Align bushing brackets with OE mounting holes. Using OE hardware for top and bottom holes secure the bar to the vehicle (Picture B). Torque all hardware to 32 ft/lbs. Go to Step 6

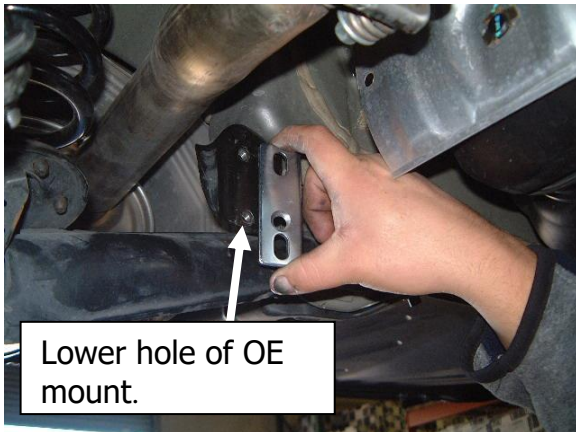


Direct bolt on using OE hardware, supplied bushings and brackets

Si vehicles. If you need additional clearance install backing plates as shown in Step 4.

Picture B

4. NON Si vehicles - Line backing plate with the lower hole of the OE mount location (Figure C). Fasten backing plate to OE mount using a drop of thread locker on each M8-1.25 x 16 flat head screw and torque to 32 ft/lbs. (Picture D).



Lower hole of OE mount.

Picture C



Picture D

5. NON Si vehicles - Move the Progress sway bar into position. Align bushing bracket with backing plate. Using the OE hardware for the top hole (Picture D) and the supplied hardware for the lower hole (Picture E) secure bushing bracket to vehicle. Torque all hardware to 32 ft/lb. Go to Step 6.



Picture D



Picture E

Install Reinforcing Plates: These plates strengthen the lower control arm mounting tabs at the end link mounting points.

6. Align plate with the mounting holes on the rear lower control arm (Picture F). Use the M8 hardware provided to fasten plate (Picture G). Torque to 28 ft/lb



Picture F



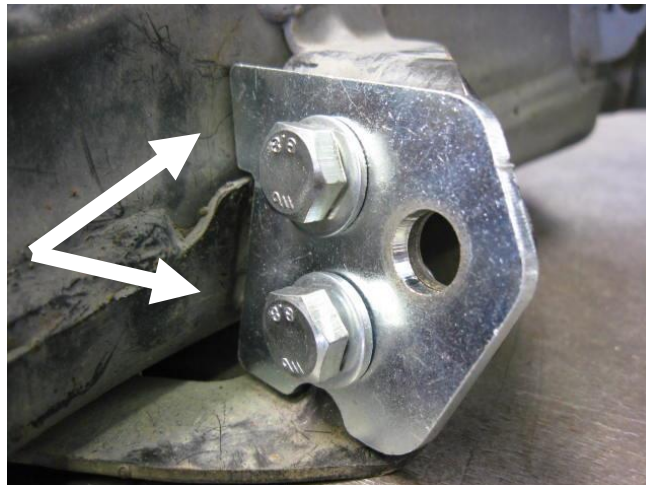
Picture G

7. Mark 2nd hole and use a 11/32 bit to drill out (Picture H). Use the M8 hardware provided to secure 2nd hole. Torque to 28 ft/lb



Picture H

Optional: For additional strength MIG weld the reinforcement plates to the control arms in two places as shown (Picture I)



Picture I

8. Attach end link to reinforcement plate at lower control arm (Picture J) and to sway bar tab (Picture K). Torque both ends to 38-42 ft/lb, using a torque wrench.



Picture J



Picture K

END LINK NOTES:

- Check end link length for correct geometry at ride height. End links should be as close to vertical as possible. This will NOT look correct with the vehicle on a floor jack (full droop).
- Extreme lowered ride height may require an aftermarket end link with length adjustment.
- Failure to properly tighten as noted above will result in noise and possible end link failure.

Check installation

- Bushing brackets: Torque to 32 ft/lb
- Non Si vehicles, Backing plate: Torque to 32 ft/lb
- Reinforcement plate: Torque 28 ft/lb
- End link stud at bar tab: Torque to 38-42 ft/lb
- End link stud at LCA: Torque to 38-42 ft/lb

Installation is complete. Check assembly periodically for tightness.

**Thank you for choosing Progress products.
For additional product and technical information,
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