

# Workshop 46

## Re-index Torsion Bars - How to do it

Firstly jack the front end up under the main x-member

Then get your arse dirty and get under the truck, what you need to do is remove these two nuts.



Then remove the adjusting bolt



*\*\*Photos and text by R1cho\*\**

*Please note, the Nissan 4x4 Owners Club or its owner(s) can not be held responsible for any damage or injuries sustained while using this information. We advise work is always carried out by a competent mechanic only.*

When you do this the truck will move at the front end this is normal, I'm only telling you so you are prepared for it

Next slide back the rubber boot that is hiding the circlip



Then remove the circlip



**\*\*Photos and text by R1cho\*\***

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Go to the front of the truck and slide back the rubber boot that is there



When you have done that draw or scratch a reference line on the torsion bar and the torsion mount, there isn't one on the photo but you get the idea



**\*\*Photos and text by R1cho\*\***

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Now go back to the other end where you removed the adjusting bolt and nuts from

If you look at the photo with the circlip again you can see it has a lip on it, there is another lip on the opposite side these like to catch on the cross member the way i got around this was to jack up the wishbone a touch so it just sort of floated in the air, now the fun bit, you need to pull the torsion bar towards the back of the truck, sometimes they stick i just use a hammer and chisel to move them back till the splines are free

When it has come out you will see the splines come out of the mounting bracket at the front



Now you need to turn the bar towards the opposite side of the truck by one maybe two splines, that is why i said draw the line it acts as a reference point to where the splines originally sat.

Push bar back in and replace circlip and adjuster bolt and nuts then re-tighten up to the height you wanted (ideally you want it a touch lower than the back ).

Then go for a drive round to bed them in if height drops again you should just be able to use the adjusting bolt and nuts to get back to where you want.

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