



VW MK5/MK6 Adjustable Rear Sway Bar Installation Instructions - [Click HERE to Shop](#)



Skill Level
1 - Easy
Basic Skills
Required



Proper service and repair procedures are vital to the safe, reliable operation of all motor vehicles as well as the personal safety of those performing the repairs. Standard safety procedures and precautions (including use of safety goggles and proper tools and equipment) should be followed at all times to eliminate the possibility of personal injury or improper service which could damage the vehicle or compromise its safety.

REQUIRED TOOLS

Note: The tools required for each step will be listed by the step number throughout these instructions.

Standard Automotive Tools

- Protecta-Sockets (for lug nuts).....[ES#2221243](#)
- **3/8" Drive Ratchet**.....[ES#2765902](#)
- **3/8" Drive Torque Wrench**.....[ES#2221245](#)
- **3/8" Drive Deep and Shallow Sockets**.....[ES#2763772](#)
- **3/8" Drive Extensions**.....[ES#2804822](#)
- **Hydraulic Floor Jack**.....[ES#2834951](#)
- **Torx Drivers and Sockets**.....[ES#11417/8](#)
- 1/2" Drive Deep and Shallow Sockets.....[ES#2839106](#)
- 1/2" Drive Ratchet
- 1/2" Drive Extensions
- 1/2" Drive Torque Wrench.....[ES#2221244](#)
- 1/2" Drive Breaker Bar.....[ES#2776653](#)
- Bench Mounted Vise
- Crows Foot Wrenches
- Hook and Pick Tool Set.....[ES#2778980](#)

Required For This Install

Available On Our Website

- 1/4" Drive Ratchet.....[ES#2823235](#)
- 1/4" Drive Deep and Shallow Sockets.....[ES#2823235](#)
- 1/4" Drive Extensions.....[ES#2823235](#)
- Plier and Cutter Set.....[ES#2804496](#)
- Flat and Phillips Screwdrivers.....[ES#2225921](#)
- **Jack Stands**.....[ES#2763355](#)
- Ball Pein Hammers
- Pry Bar Set.....[ES#1899378](#)
- Electric/Cordless Drill
- Wire Strippers/Crimpers
- Drill Bits
- Punch and Chisel Set
- **Hex Bit (Allen) Wrenches and Sockets**.....[ES#11420](#)
- Thread Repair Tools.....[ES#1306824](#)
- **Open/Boxed End Wrench Set**.....[ES#2765907](#)

Specialty Tools

- **Triple Square Sockets**.....[ES#1910125](#)

INSTALLATION NOTES

- **RH** refers to the *passenger side* of the vehicle.
- **LH** refers to the *driver side* of the vehicle.
- Always use the proper torque specifications.
- If applicable to this installation, torque specifications will be listed throughout the document and at the end as well.
- Please read all of these instructions and familiarize yourself with the complete process **BEFORE** you begin.

GENERAL PREPARATION AND SAFETY INFORMATION

ECS Tuning cares about your health and safety, please read the following safety information. This information pertains to automotive service in general, and while it may not pertain to every job you do, please remember and share these important safety tips.

- Park your car in a safe, well lit, level area.
- Shut the engine off and remove the key from the ignition switch.
- Make sure any remote start devices are properly disabled.
- **ALWAYS** wear safety glasses.
- Make sure the parking brake is applied until the vehicle is safely lifted and supported.
- Whether lifting a vehicle using an automotive lift or a hydraulic jack, be sure and utilize the factory specified lift points.
- Lifting a vehicle in an incorrect location can cause damage to the suspension/running gear.
- **ALWAYS** support the vehicle with jack stands.
- **ALWAYS** read and follow all safety information and warnings for the equipment you are using.



NEVER get underneath a vehicle that is supported only by a jack, and **ALWAYS** make sure that the vehicle is securely supported on jack stands.

REMOVING THE STOCK SWAY BAR

Step 1: 13mm Socket & Ratchet, Exhaust Hanger Removal Pliers

Remove the cat-back exhaust system to gain access to the sway bar.

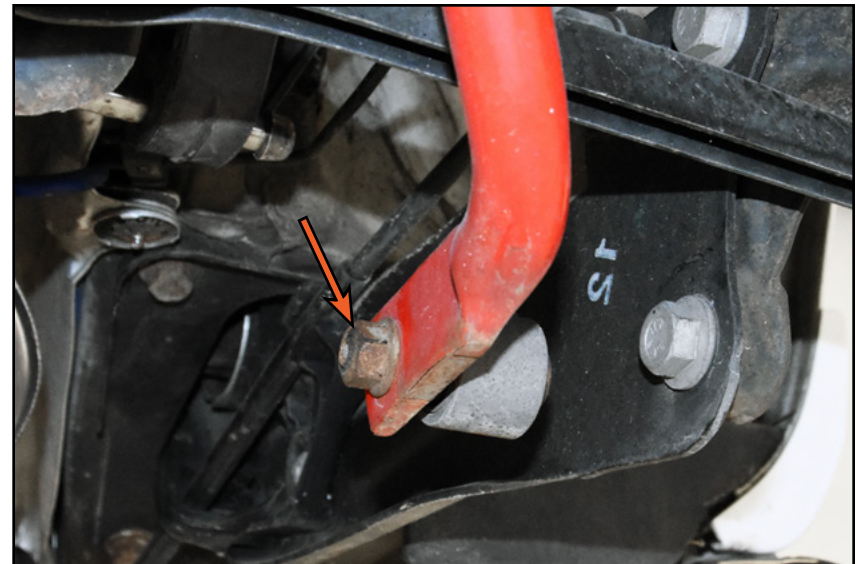


While it is possible to remove the sway bar by simply lowering the exhaust instead of removing it, we find that removing the exhaust provides far more clearance for installation and is worth the extra effort.



Step 2: 16mm Wrench, 6mm Triple Square Socket & Ratchet

Hold the stud still while you remove the nut (arrow) which secures each end link to the sway bar. Remove the studs and set them aside.



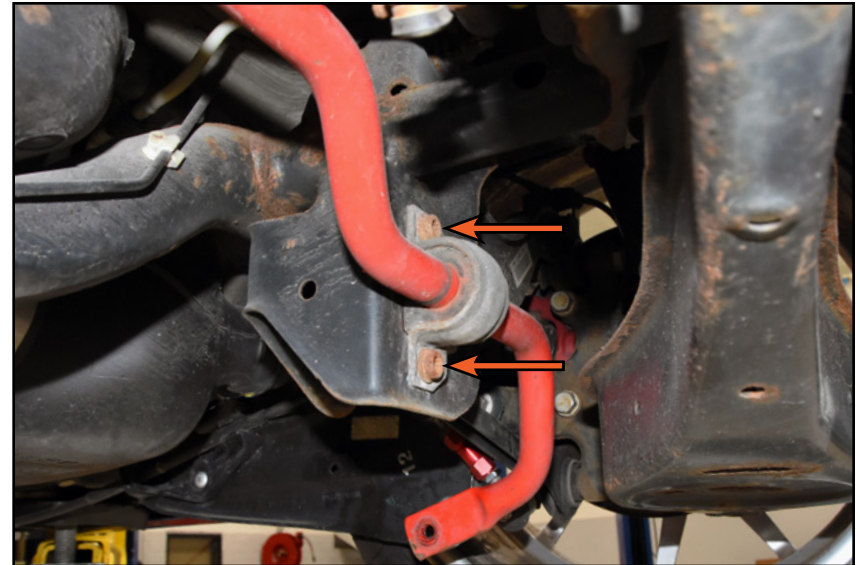
REMOVING THE STOCK SWAY BAR

Step 3: M10 Triple Square

Support the sway bar while you loosen and remove the two bolts (arrows) which secure each sway bar bracket to the vehicle.

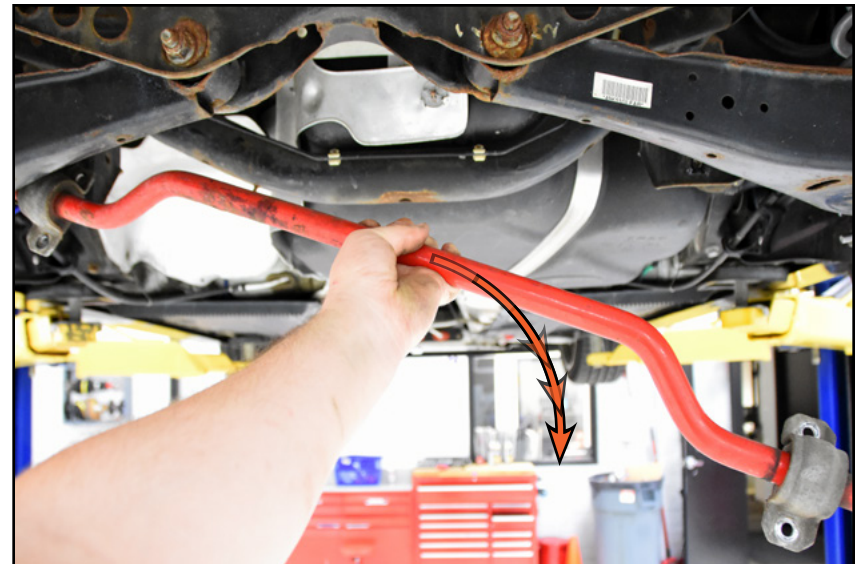


This vehicle had our prototype sway bar installed, your sway bar may look slightly different but the removal procedure will be exactly the same.



Step 4:

Carefully remove the sway bar from the vehicle.



INSTALLING THE NEW SWAY BAR

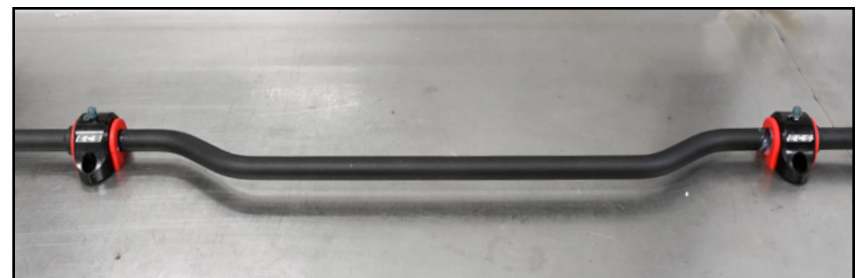
Step 1:

Optional: Apply a suitable poly grease to the inside of each bushing before installing them onto the sway bar.



Step 2:

Slide the new bushings onto each end of the new sway bar (top photo), then slide the new brackets over them as shown (bottom photo).



INSTALLING THE NEW SWAY BAR

Step 3: 6mm Hex (Allen) Socket & Torque Wrench

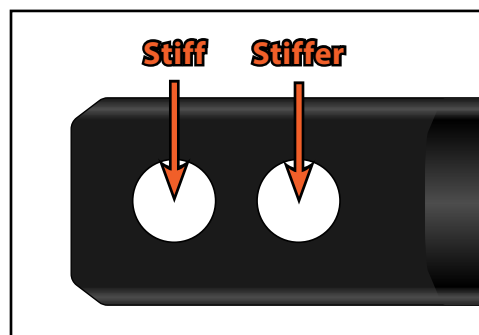
Lift the sway bar into place, then torque the sway bar bracket bolts (arrows) to 25 Nm (18 Ft-lbs) + 45°. Grease the sway bar bushings with a suitable poly grease using the fittings on the new brackets.



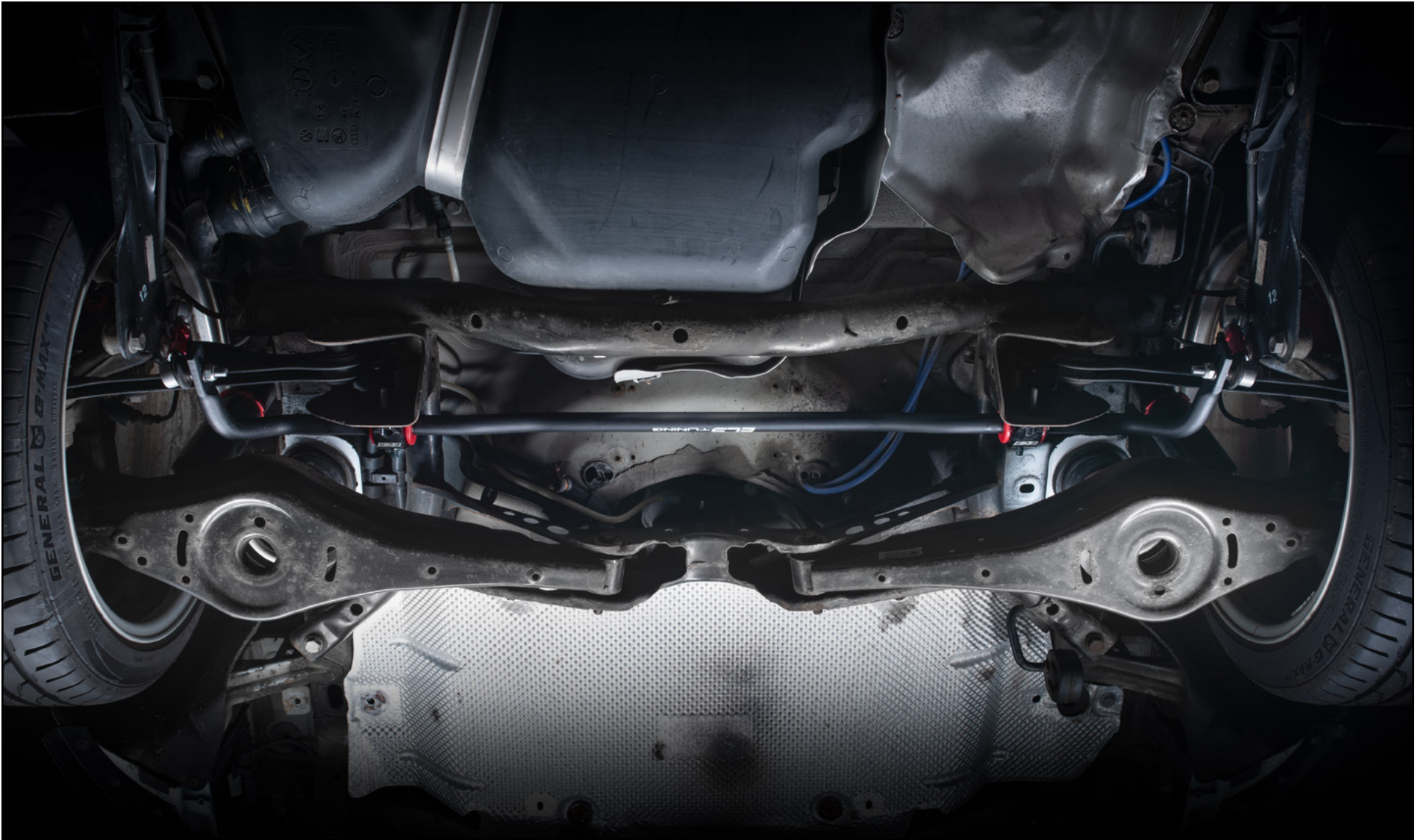
Step 4: Torque Wrench

Reinstall the end links into the holes in the ends of the sway bar, then install the nut (arrow) and torque it to 45 Nm (33 Ft-lbs). Reinstall the exhaust system.

The two holes in each side of the sway bar represent the two stiffness settings. For a less stiff sway bar, select the outermost holes, for a stiffer sway bar, select the innermost holes.



Your Adjustable Rear Sway Bar installation is complete!



These instructions are provided as a courtesy by ECS Tuning

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