



Congratulations on your VMC control arm purchase! And rest assured knowing you've purchased a high-quality arm set that you can rely on. This is a low maintenance control arm set. We simply recommend the following:

1) Keep the balljoint greased. The grease cycle depends on how the car is used. The heavier the use, the more often they should at least be inspected. Bare minimum should be once a year.

NOTE: These balljoints were assembled with assembly lube during manufacturing but they **MUST** be fully greased prior to use! We recommend Joe Gibbs Extreme Pressure grease (part # 70030) or Redline CV-2 extreme pressure grease (part # 80402), but most any high-temp and high-pressure balljoint greases should perform just fine. See our website for a grease kit if you do not own a grease gun or a performance grease.

2) These heims (rod ends) used on these arms are of high quality and should last a very long time before they require replacement. But it would be wise to periodically inspect the heims. We recommend checking them along with your balljoint grease cycle. Basically, just make sure the heim's ball has no free-play inside of the heim body (race). No disassembly required – just grip the installed arm near the heim end and apply a shaking force to verify the heim is still tight and free of axial and radial play. If the ball has visual play and seems loose, replace it immediately. We can offer replacement parts if needed.

SQUEEK/CREAK! Sometimes these heims can develop a creaking noise. It has to do with the tight F1 fitment of the ball within the race. In some humid environments, we've seen them tighten up a bit more and cause some noise. Easy fix though. We recommend a liberal coating of white lithium grease all around the ball and in between the ball and race as best as possible. And we also recommend booting the heim after greasing. We sell heim boots on the VOLK website.

3) Periodically inspect the jam nuts to insure they have not come loose. No tools required – by hand, just make sure they are still tight and have not worked loose with use. If found loose, tighten up snug with a wrench.

Any questions or concerns, feel free to e-mail me at: paul@volkmetalcraft.com