

This procedure is by Rick @ [www.jaguarforums.com](http://www.jaguarforums.com)

## 2005 3.0 Rear Tie Rod and Sway Bar Links Replacement W/Pics FAQ

**Difficulty Level:** Southern [vehicles](#) easy

Northern vehicles tougher due to rusted/seized parts

**Tools Needed:** Tape measure, 3/8 ratchet, 7mm and 15mm socket, 8mm 13mm 15mm 18mm wrenches (ratcheting optional), 7mm wrench or vise grips, phillips screw driver, the old 7/8" open end wrench was used instead of a 19mm or 20mm (?) open end that I do not own (used for jam nut on tie rod), a couple of zip ties.

**Time:** under 2 hours, but again if working on a northern [vehicle](#) allow for seized nuts, **plan on alot of PB Blaster before hand.**

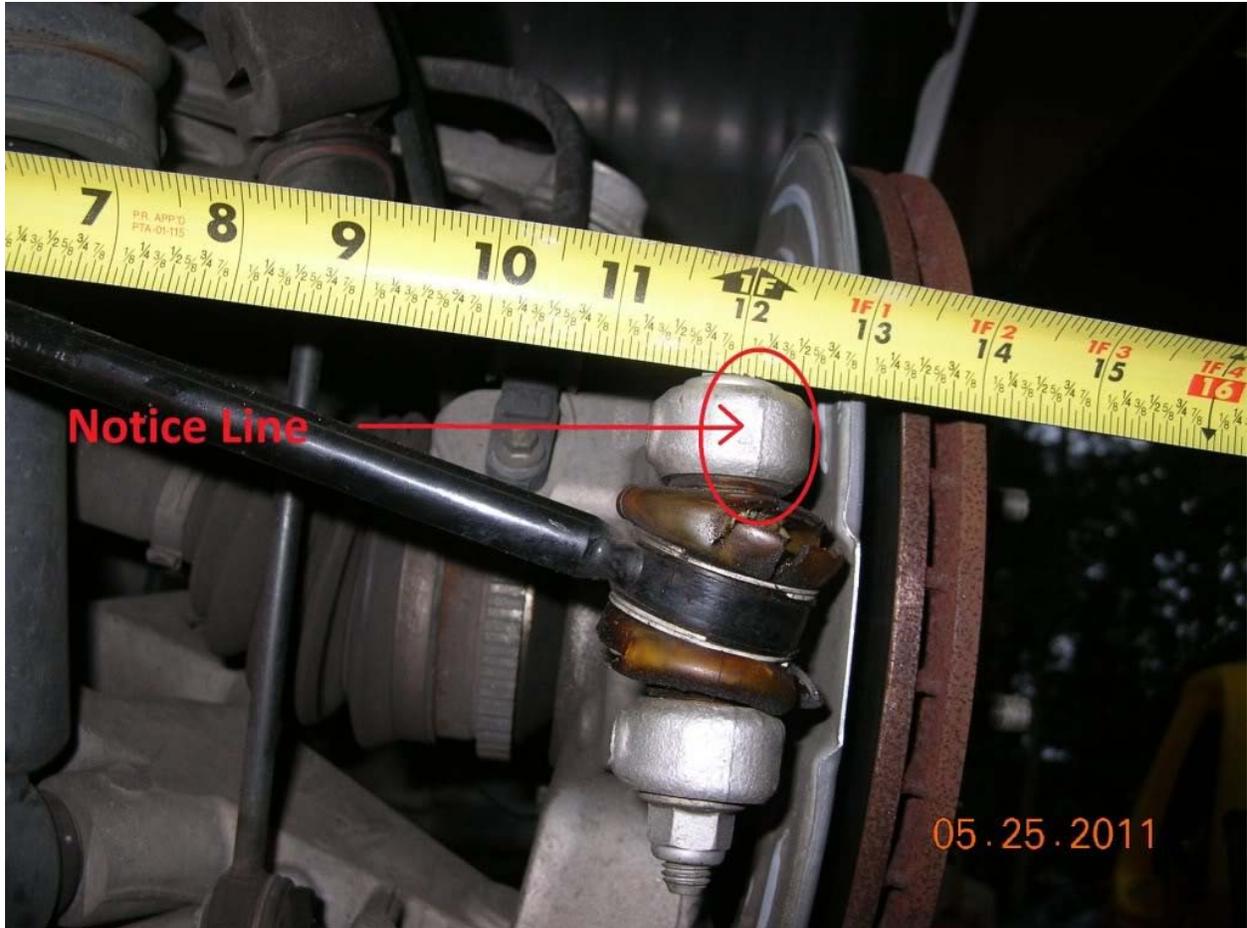
**\*\*Remember you will need an alignment after this procedure!\*\*** The sooner the better.



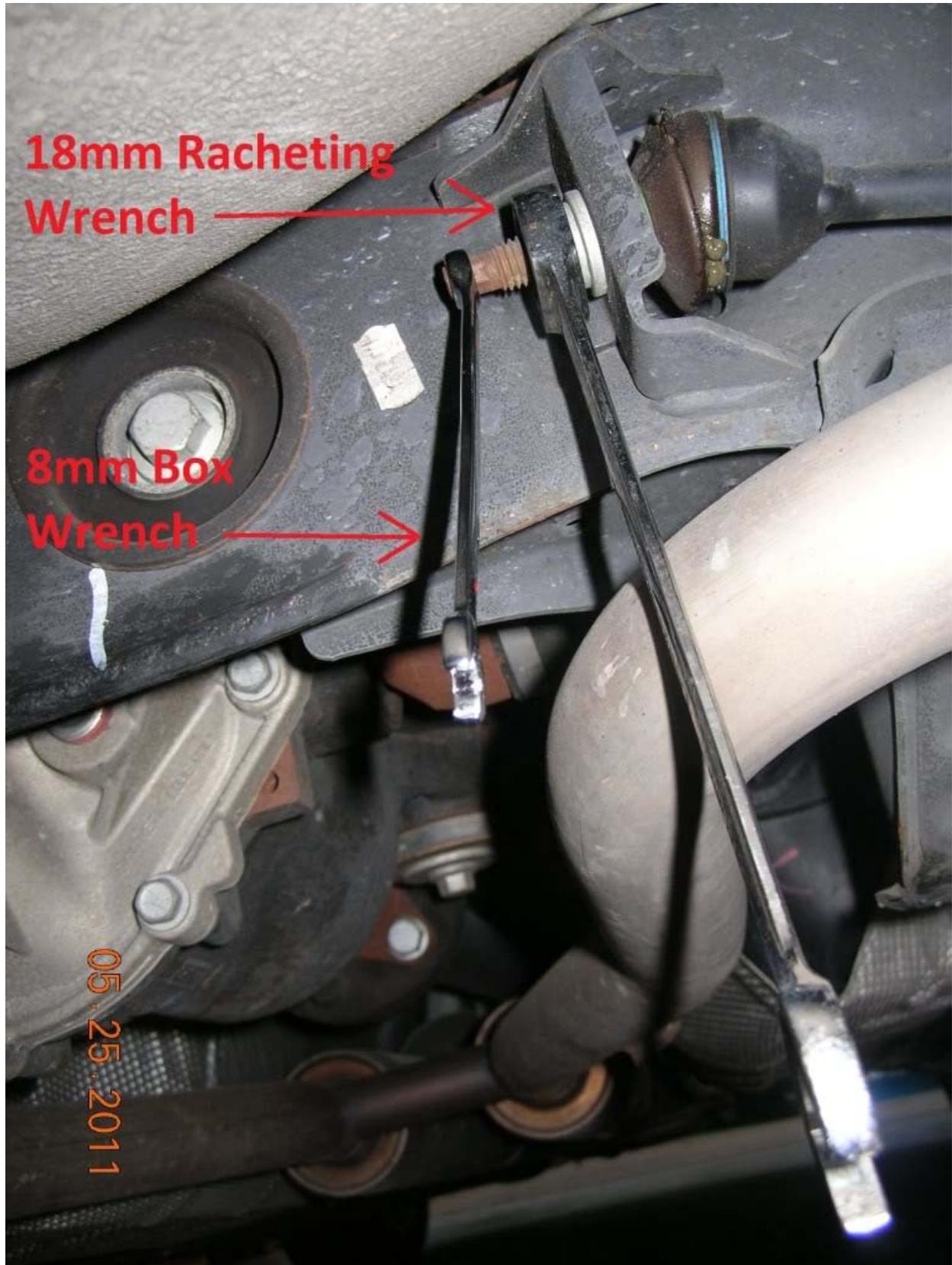
After stabilizing rear end in the air (jack stands) and wheels removed. Loosen Tie Rod Jam Nut. Using tape measure, I measured from female threads on inner tie rod to the mark on the wheel assembly. Noting the measurement for later use.

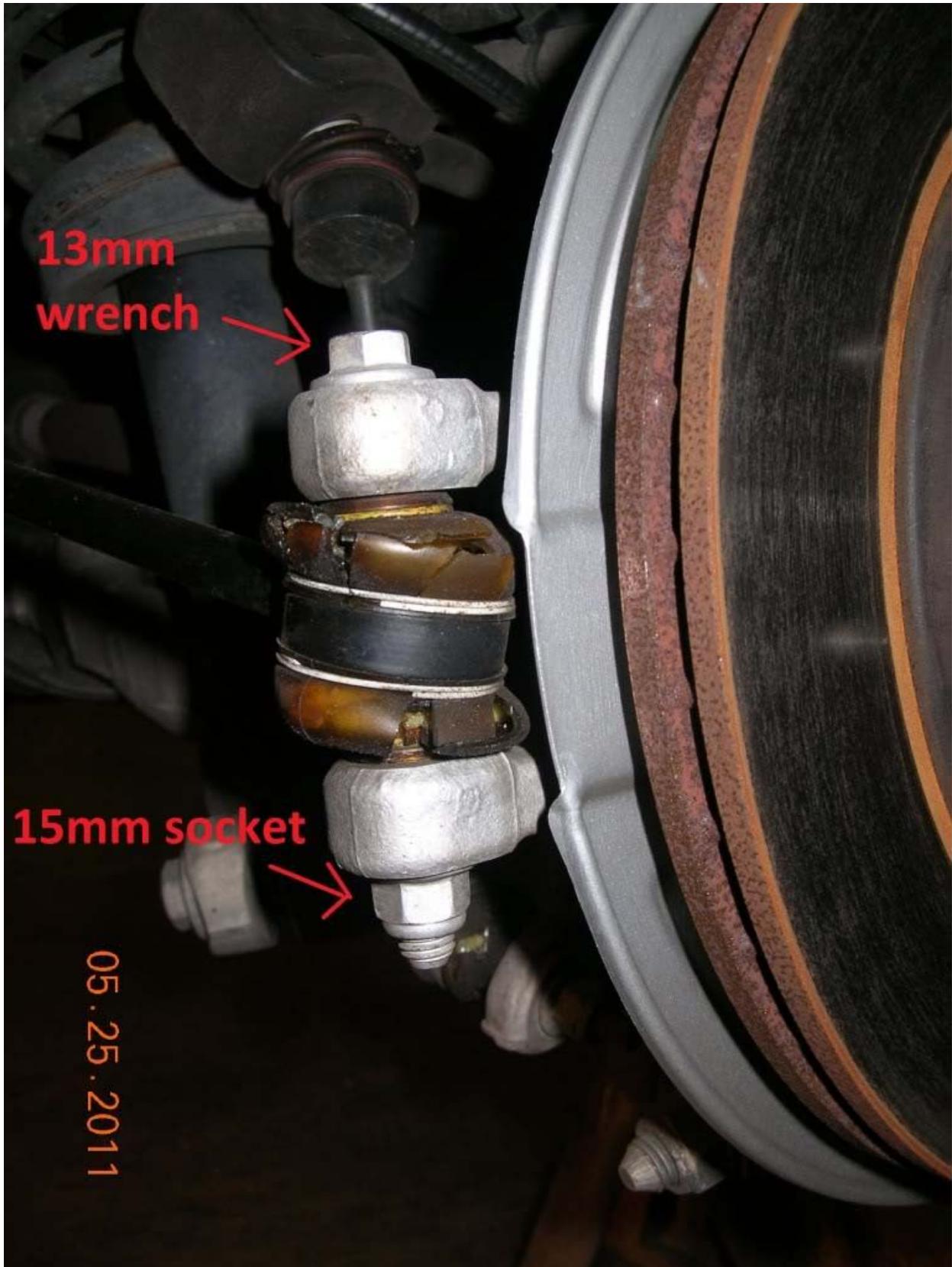






Next using the 18mm box wrench (here is where a ratcheting wrench works the best) and the 8mm box end, remove the inner tie rod nut. Then move to outer tie rod end using the 13mm wrench and 15mm socket. Pull bolt out and remove tie rod assembly.





15mm socket

13mm  
wrench

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Start inner tie rod nut, align outer tie rod with phillips screw driver, push in and insert bolt.







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**Torques:** Inner Nut 100Nm (74 ft. lbs.)  
Outer Nut 55Nm (41 ft. lbs.)

Now using your previous measurement, adjust tie rod.

I purchased aftermarket Tie Rods through Motor [Cars](#) Ltd, just shy of \$100.00 ea.

If you are planning to replace Rear Sway Bar Links see post #2

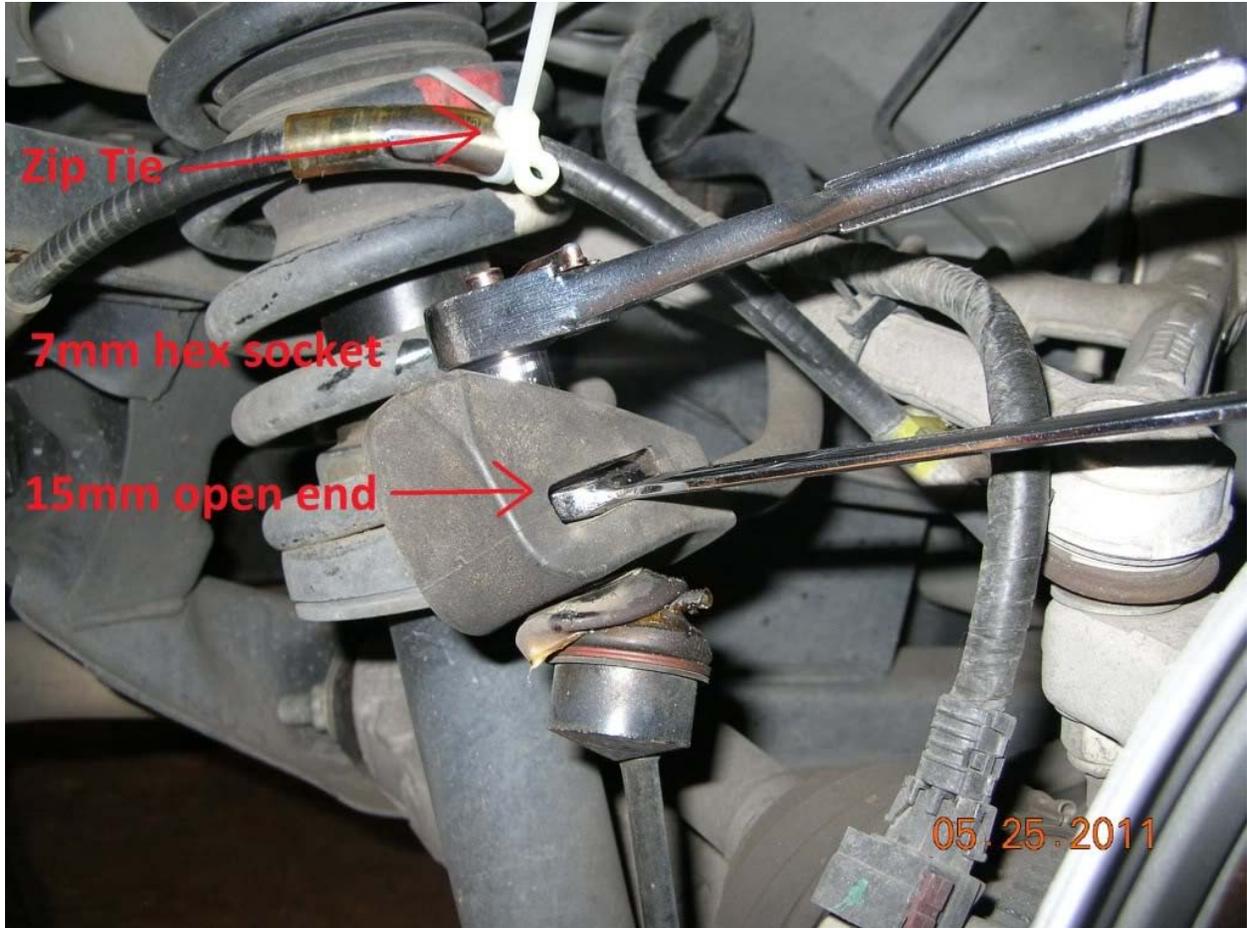
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Ok moving on to the rear sway bar links.

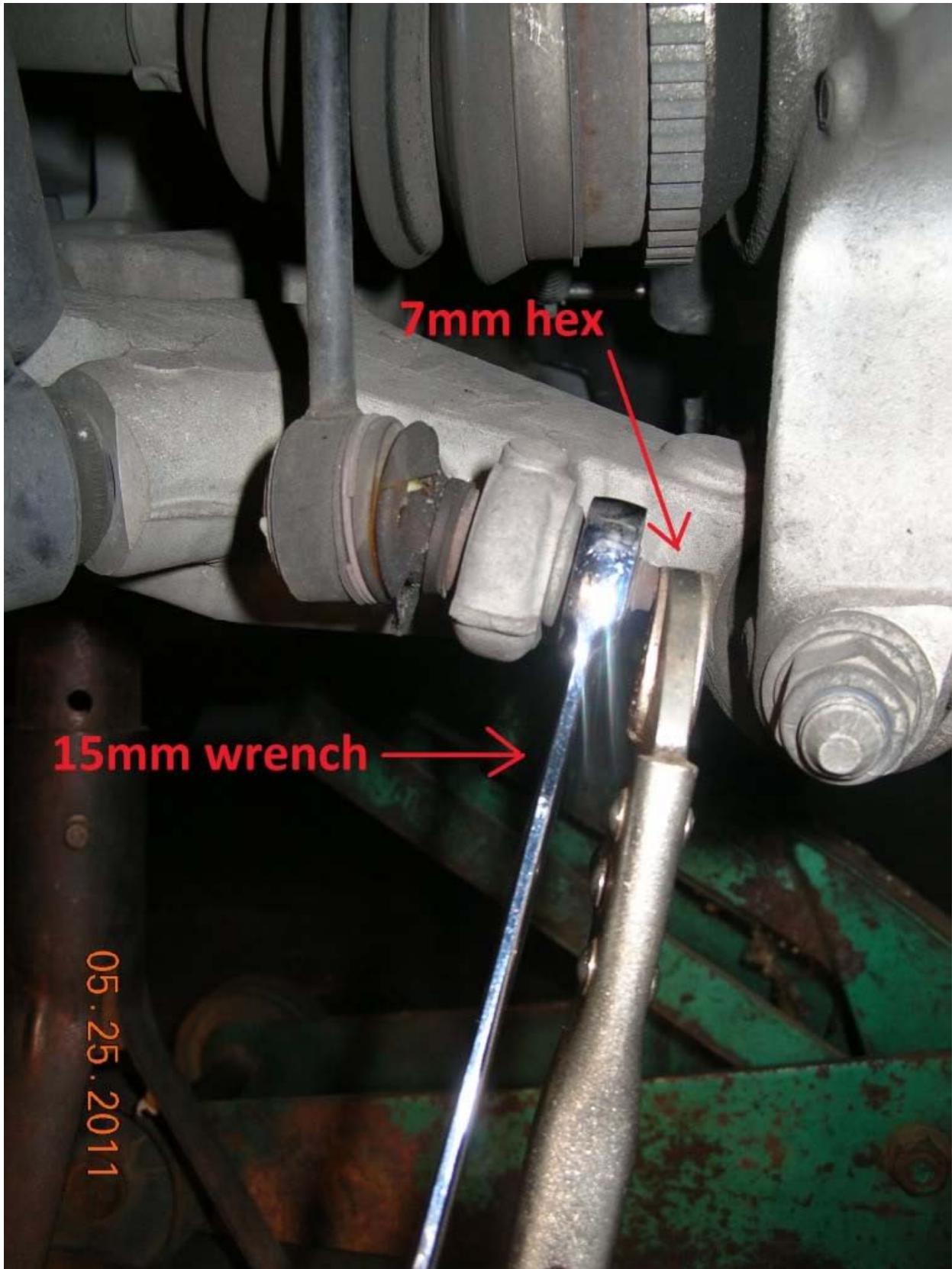
First off there are different part numbers for the right (OE XR81692) and left (OE XR81693) sway bar links. I compared the 2 side by side and couldn't notice a difference. The above OE numbers were taken from the aftermarket package, so if they are incorrect let me know. Again the links were purchased through Motor Cars Ltd., \$20.00 ea.

If you are planning on changing these and the tie rods together, I removed the tie rod then the sway bar link, replaced sway bar link then tie rod.

I used the zip ties to hold up emergency cables out of the way. Using the 7mm socket and 15mm open end wrench loosen the upper retaining nut. The rubber grommet is difficult to work with, remove nut.



For the lower sway bar link I used vice grips on the 7mm end, (I do not have a 7mm wrench in my arsenal, I know shame on me) and the ratcheting 15mm wrench.



15mm wrench →

7mm hex →

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Install new sway bar links, snip zip tie.

**Torque:** 48Nm (35 ft. lbs.)

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Happy Wrenching

Rick