

Some notes on fitting my replacement thigh bolsters



This is the view we are all too familiar with, worn covers, busted foam, yellow crumbs all over the seat etc,etc. If you have done me the service of buying my replacement thigh bolster foams (TB01 or TB02 to be exact) I will endeavour to steer you through the removal and re-fit process.

1.

I think it goes without saying that all work on the target seat will be easier with that item removed from the car. This isn't too difficult if you have a T40 torx bit and have taken a little time to pre-soak the mounting screws from under the car. The bit where they get crudded up next to the gear change.

Push the seat right forward on the runners to do the back ones, and then also tilt and lift to get right at the front ones. Keep all bits to one side for later.

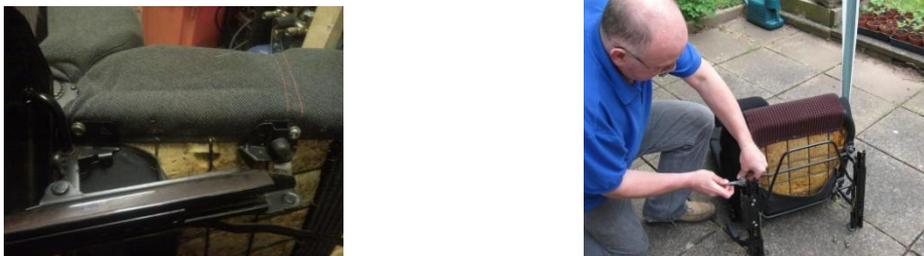


Now remove seat from the vehicle.

2.

Remove the plastic seat guard on the outer edge of the seat – 2 small Philips screws.

Now wind the rear seat back a bit to free up the 2 sections a bit. Now remove the actual seat from the base frame this comprises of 4 T40 torx set screws – 2 each side. Set bits aside.

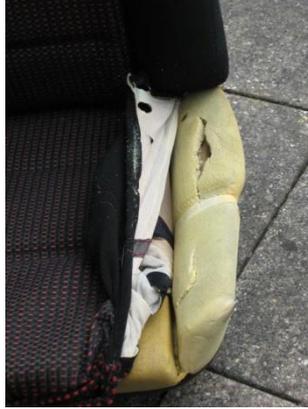


3

Take your trusty side cutters and start removing the side cover hog rings, remembering not to cut the ones holding the through seat chains down each side of the seat cushion. Work your way from front to back, slowly and methodically. This seems simple enough – but I can assure you there are quite a few of these little sods in there and you have to stick at it!



4.
The whole purpose of this exercise being to get at the busted bolster.



Once you have clear access then cut out the old foam along the line indicated below. Cutting from both sides as necessary in order to keep a nice clean cut to the line.



Hopefully getting to this position without too much swearing!



For my own tool/cutter of choice I use a cheese knife as it's small enough but has a lightly serrated edge. With foam out of the way you should now be able to see things a bit more clearly



The eagle eyed amongst you will notice I have cunningly swapped sides.(sorry – didn't have the right photos – literally)

5.

Wind the seat squab (the backrest bit) back a bit more to open up the gap still further.

Now gently fit the new foam into place over its wire frame, starting at the front, and working it in to position

Note:

If you have not been successful in cutting to the line indicated above or you have already cut the bolster from the cushion, you may need to pad out the gap with some extra foam strips fitted between the new bolster and the side of the seat cushion itself, remembering to leave gaps/holes for the small chain link attachments to thread through the seat.

6. The next part is going to be crucial in determining how good the re-fit looks so take your time and if you need to cut the chain links free then do so. Smooth out your cover and gently fit it over the bolster. When you are happy you must re-tension/refit the bolster cover, using new hog rings as you pull each section back into place.

7. Re-fit the seat base and runners, then the plastic cover on the outboard side. Pop the seat back in and Bobs your mother's brother.

Notes:

I bought an expensive pair of hog ring pliers for my own Pro use, but I found these by Sealeys which look OK <http://www.pvrdirect.co.uk/productinfo.aspx?catref=HRP001> and are reasonably priced at about £8.95 + P&P

use with 22mm wire hog rings like these:



Which are available from here : [22mm hog ring pack \(100\)](#) and are £2.76 + P&P

Regards

Dave H