



### **Quick Guide to Understanding Anti-Roll Bars a.k.a. anti-sway bars, stabilizer bars**

- Connects left and right wheels together through short lever arms linked by a torsion spring.
  - The torsion spring resists body roll motions
- Increases the suspension's roll stiffness so that car feels flat around turns.
- Works independently of the suspension's spring rate in the vertical direction.
- Both anti-roll bars and stiffer springs help reduce body roll.
  - Bars don't reduce ride quality as much as really stiff springs can.
- Drawback to anti-roll bar
  - As the left and right wheels are tied together, on rough roads you can feel side-to-side jarring motion.