



Kit Contents			
	Description	Part nr	Pcs
1.1	Shock absorber left	HOS 1T10	1
1.2	Shock absorber right	HOS 2T10	1
2	Dust boot	10216-01	2
3	Spacer	24629-41	2
4	Plastic spring spacer	25602-01	2
5	Spring	49200-15	2
6	Rubber spring spacer	25601-01	2
7	Upper spring seat	25618-30	2
8	Bearing	25602-03	2
9	Washer	24619-03	2
10	Nut	24627-04	2
11	C-spanner	24639-01	1
12	C-spanner	24639-03	1
13	Öhlins sticker kit	10207-01	1
14	Öhlins Owners Manual	07451-01	1

#### 👁 Note!

Please note that this image is a general representation of the product and may differ slightly from your product.

#### 👁 Note!

Please note that during storage and transportation, especially at high ambient temperature, some of the oil and grease used for assembling may leak and stain the packaging. This is in no way detrimental to the product, wipe off the excessive oil/grease with a cloth.

#### 👁 Note!

Before installing this product, check the contents of the kit. If anything is missing, please contact an Öhlins dealer.

#### ⚠ Warning!

Before installing this product, read the Öhlins Owner's Manual. The shock absorber is an important part of the vehicle and the vehicle stability.

#### 👁 Note!

If your vehicle is equipped with OEM electronic shock absorbers, use Öhlins cancellation kit to avoid error messages.

## Shock absorber Kit for Honda Civic Type-R, FK2

# **HOS MT10S1** *front*

## Mounting Instructions

# MOUNTING INSTRUCTIONS

## **⚠ Warning!**

*We strongly recommend to have an Öhlins dealer install this product.*

## **⚠ Warning!**

*If working on a raised vehicle, ensure that it is securely supported to prevent it from tipping over.*

## **👁 Note!**

*When working on this product, see the Vehicle Service Manual for vehicle specific procedures and important data.*

**1**

Raise the vehicle and put it on jack stands.

## **⚠ Warning!**

*Ensure that the car is securely supported.*

**2**

Remove the front wheels.

**3**

Loosen the bolts for the lower shock attachments.

## **👉 Caution!**

*Support the wheel hubs in an appropriate way on each side of the vehicle so that the brake hoses can not be damaged.*

**4**

Loosen the upper attachments and sway bar.  
Remove the original struts from the car.

**5**

Cut the dust boot 30 mm from the lower end with a pair of scissors according to fig 2.

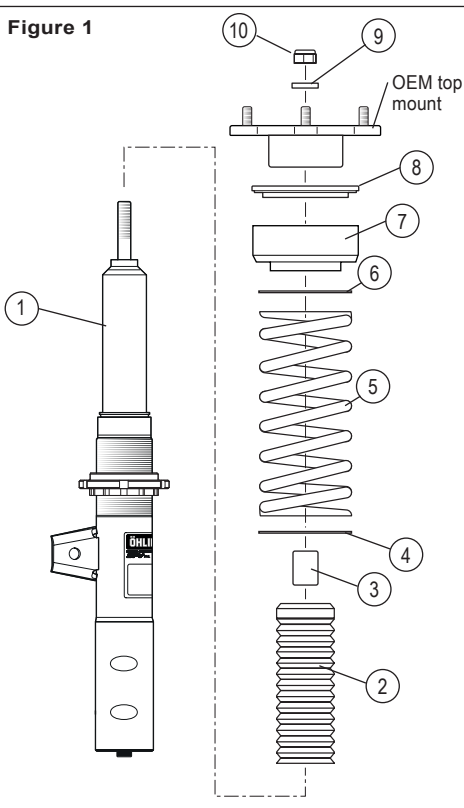
**6**

Fit the dust boot (2), the spacer (3), the plastic spring spacer (4), the spring (5), the rubber spring spacer (6), the upper spring seat (7), the bearing (8), the OE top mount (without the OE bearing), the washer (9) and the lock nut (10) to the shock absorber according to fig 1. Tighten the lock nut (10) to 35-40 Nm. Adjust the lower spring seat and the lock ring and tighten with the c-spanners according to fig 4.

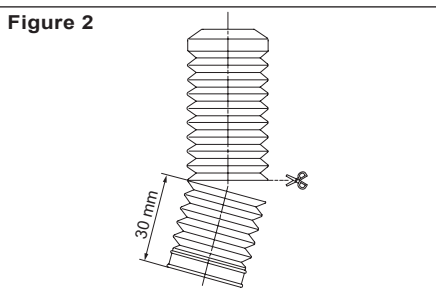
## **👁 Note!**

*When tightening the top mount nut, the shock absorber top pin must be held in position with an Allen key.*

**Figure 1**



**Figure 2**



# MOUNTING INSTRUCTIONS

7

Install the complete assembled Öhlins struts on the vehicle. Tighten the bolts and torque them to OE specification.

**Note!**

*Make sure the bolt head is seated flush against the shock bracket when the nuts are being torqued.*

8

Fasten the top mount nuts and torque to OE specification.

9

Fit the stabilizer link according to fig 3.

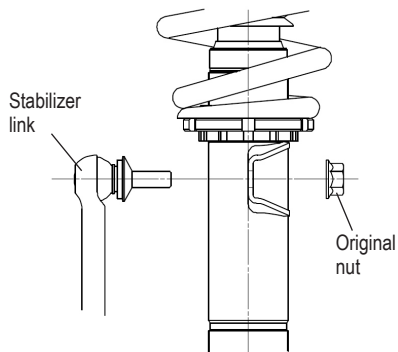
**Note!**

*Make sure that all bolts are tightened to the correct torque and that nothing fouls or restricts movement of the strut. Test this over the whole steering range from lock to lock.*

10

Make sure that all removed parts are reinstalled in the same way as they were before the installation of the Öhlins shock absorber.

**Figure 3**



# ADJUSTMENTS

## ⚠ Warning!

Before driving, always make sure that the basic settings made by Öhlins are according to recommended Setup Data. Read about adjustments and setting up in the Öhlins Owner's Manual before you make any adjustments. Contact an Öhlins dealer if you have any questions about setting up.

The recommended preload is 15 mm, see fig 4. Make sure to measure the length of the spring only.

# SETUP DATA

Recommended set-up		
Setting adjustment		
Track	2-7	clicks
Winding road	5-10	clicks
Street	10-20	clicks
Spring preload	15	mm

## Recommended spring

49200-15 (60 N/mm)

## Vehicle height adjustment range

With the preload adjustment in the recommended position, the vehicle is lowered approximately 15 mm when compared to the original suspension. Adjust the spring preload until you have reached your desired ride height. Make sure that the spring is always preloaded.

Öhlins products are subject to continuous improvement and development, therefore, although these instructions include the most up-to-date information available at the time of printing, minor updates may occur.

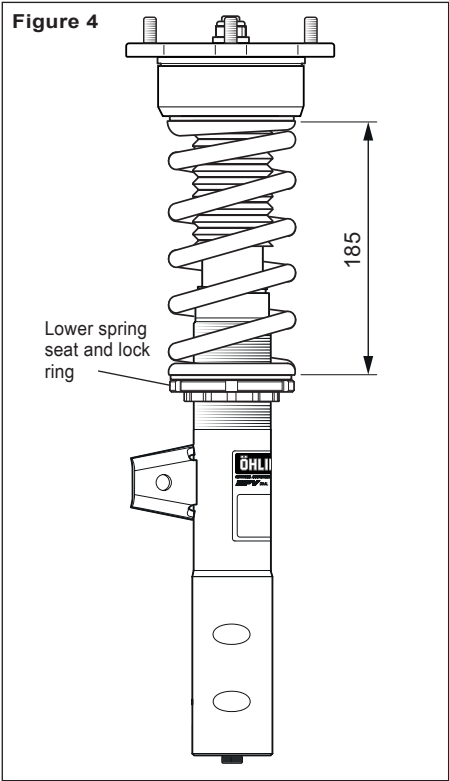
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Figure 4



## ⚠ Warning!

The spring preload adjustment range is 0-20 mm giving approximately 10-30 mm lower ride height of the car.



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#### Kit Contents

	Description	Part nr	Pcs
1	Shock absorber, rear	HOS 6T10	2
2	End eye spacer	24629-49	2
3	Dust boot	10216-01	2
4	Top pin spacer	24629-50	2
5	Washer	24619-03	2
6	Lock nut M12	04737-01	2
7	Spring seat adjuster	24651-07	2
8	Lock nut M52	24636-03	2
9	Spring platform M52	24635-03	2
10	Plastic spring spacer	25602-01	2
11	Spring	49200-11	2
12	Plastic spring seat	25618-04	2

#### Note!

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#### Note!

Please note that during storage and transportation, especially at high ambient temperature, some of the oil and grease used for assembling may leak and stain the packaging. This is in no way detrimental to the product, wipe off the excessive oil/grease with a cloth.

#### Note!

Before installing this product, check the contents of the kit. If anything is missing, please contact an Öhlins dealer.

#### Warning!

Before installing this product, read the Öhlins Owner's Manual. The shock absorber/front fork/steering damper is an important part of the vehicle and the vehicle stability.

#### Note!

If your vehicle is equipped with OEM electronic shock absorbers, use Öhlins cancellation kit to avoid error messages.

## Shock absorber Kit for Honda Civic Type-R, FK2

# **HOS MT10S1 rear**

## Mounting Instructions

# MOUNTING INSTRUCTIONS

## **⚠ Warning!**

*We strongly recommend to have an Öhlins dealer install this product.*

## **⚠ Warning!**

*If working on a raised vehicle, ensure that it is securely supported to prevent it from tipping over.*

## **👁 Note!**

*When working on this product, see the Vehicle Service Manual for vehicle specific procedures and important data.*

**1**

Raise the vehicle and put it on jack stands.

## **⚠ Warning!**

*Ensure that it is securely supported.*

**2**

Remove the rear wheels.

**3**

Remove the lower and the upper attachments and remove the original shock absorber.

**4**

Remove the spring and both OE rubber spring isolators.

**5**

Adjust the spring seat (9) position according to fig 4. Tighten the spring seat and lock ring (8) with the c-spanners.

**6**

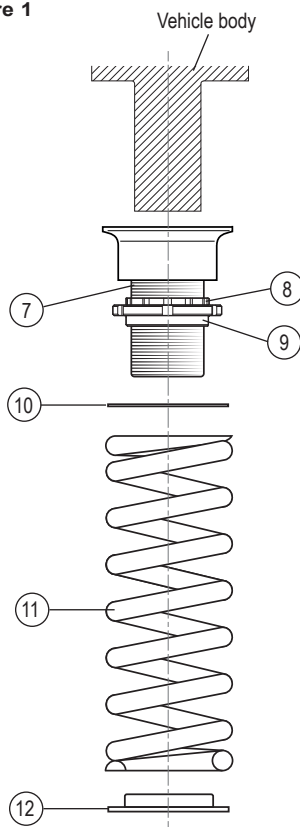
### **Spring assembly installation:**

Mount the lower plastic spring seat (12) in the control arm, the spring (11), the plastic spring spacer (10) and fit the spring preload adjuster assembly on the spring according to fig 1.

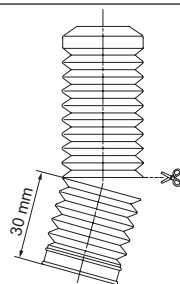
**7**

Cut the dust boot 30 mm from the lower end with a pair of scissors according to fig 2.

**Figure 1**



**Figure 2**



# MOUNTING INSTRUCTIONS

8

Mount the end eye spacer (2), the dust boot (3), the top pin spacer (4), the black OE bushing and fit the shock through the vehicle body. Fit the OE soft bushing and the OE steel washer, the washer (5) and tighten the nut (6) to 30Nm. Fit the adjustment knob and tighten it to 10Nm.

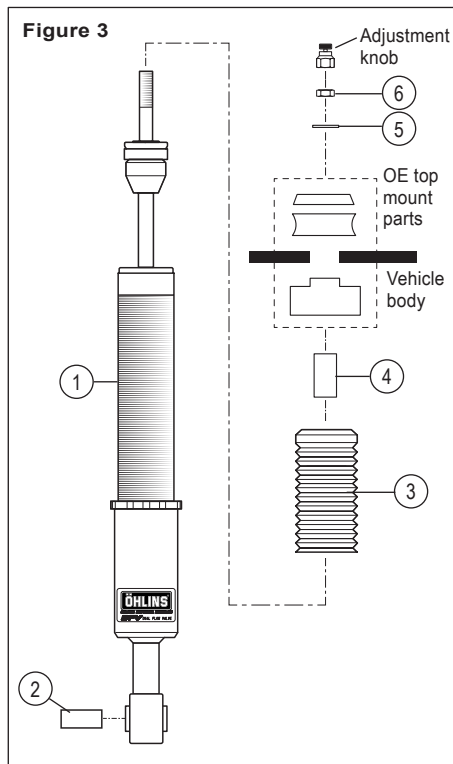
9

Make sure that all removed parts are reinstalled in the same way as they were before the installation of the Öhlins shock absorber.

## **Note!**

*Make sure that all bolts are tightened to the correct torque and that nothing fouls or restricts movement of the shock absorber when it is being fully compressed or extended.*

**Figure 3**



# ADJUSTMENTS

**⚠ Warning!**

Before driving, always make sure that the basic settings made by Öhlins are according to recommended Setup Data. Read about adjustments and setting up in the Öhlins Owner's Manual before you make any adjustments. Contact an Öhlins dealer if you have any questions about setting up.

## SETUP DATA

Recommended set-up		
Setting adjustment		
Track	2-7	clicks
Winding road	5-10	clicks
Street	10-20	clicks
Spring preload adjuster height	10	mm

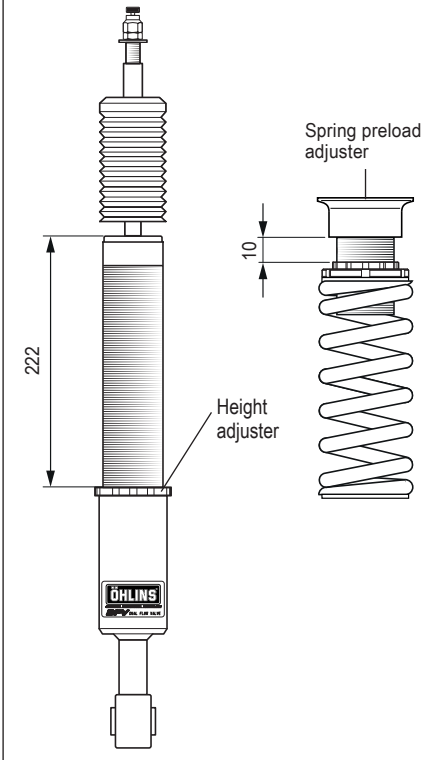
**Recommended spring**

49200-11 (50 N/mm)

**Vehicle height adjustment range**

With both the preload and height adjustment in their recommended positions, the vehicle is lowered approximately 15 mm when compared to the original suspension. Adjust the spring preload until you have reached your desired ride height.

Figure 4



**⚠ Warning!**

The spring preload adjustment height is 5-15 mm. Giving approximately 10-30 mm lower ride height of the car. Make sure that the spring is always preloaded.

Öhlins products are subject to continuous improvement and development, therefore, although these instructions include the most up-to-date information available at the time of printing, minor updates may occur.

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