



👁 Note!

Please note that there can be small differences between your product and the images in these instructions.

👁 Note!

Please note that during storage and transport, especially at high ambient temperature, some of the oil and grease used for assembly may leak and stain the packaging. This will not cause damage to the product, wipe off the excessive oil or grease with a cloth.

Kit Contents

Description	Part No	Pcs
Shock absorber		2
Upper spring seat	24637-01	2
Lower spring seat	24635-01	2
Dust boot	10216-02	2
Top mount FL	25633-23	1
Top mount FR	25633-24	1
Bearing spacer (L=10 mm)		(2)
Top nut (M12 L=22 mm)		(2)
Spring		2
Bolt M6	24628-03	4
Spacer t18	24623-01	4
Lock ring	24636-01	2
Rebound adjuster	24631-02	2
Used for both front and rear		
C-spanner		1
C-spanner		1
Öhlins sticker		1
Öhlins Owner's Manual		1

👁 Note!

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

⚠ Warning!

Before you install this product, read the Öhlins Owner's manual. This product is an important part of the vehicle and the vehicle stability.

Shock Absorber Kit for Honda Civic type R (FD2)

HOS MI30 FRONT

Mounting Instructions



MOUNTING INSTRUCTIONS

⚠ Warning!

We strongly recommend to let an Öhlins dealer install this product.

⚠ Warning!

If you work with a lifted vehicle, make sure that it is safely supported to prevent it from tipping over.

👁 Note!

When you work with this product, see the vehicle service manual for vehicle specific procedures and important data.

👁 Note!

Before you install this product clean the vehicle.

1

Raise the vehicle and put it on jack stands.

⚠ Warning!

Ensure that it is securely supported.

2

Remove the front wheels.

3

Loosen the bolts for the lower strut attachments.

👋 Caution!

Support the wheel hubs in an appropriate way on each side of the vehicle so that the brake hose and/or drive shaft joint can not be damaged.

4

Loosen the upper attachment. Remove the original struts from the car.

5

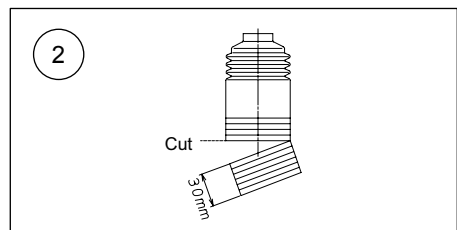
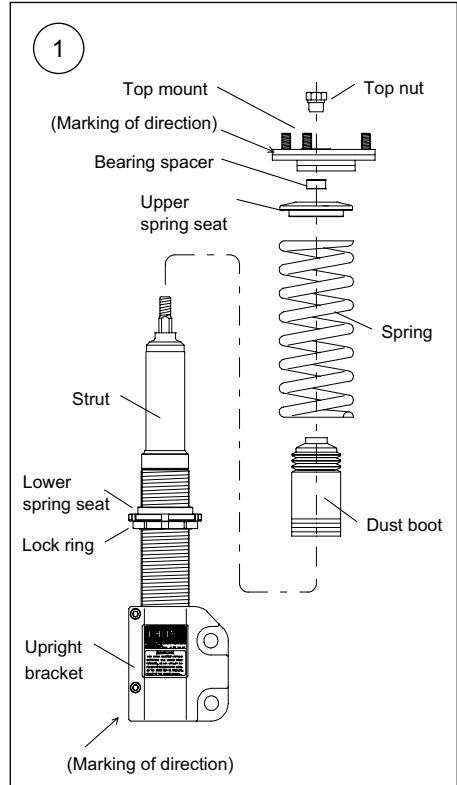
Remove the brake hose brackets from the standard struts.

6

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

7

Tighten the lower spring seat and the lock ring to 50 - 60 Nm. Fit the dust boot, the spring and the upper spring seat to the strut according to fig 1. Fit the bearing spacer, the top mount and the top nut. Tighten the top nut to 35 - 40 Nm..



MOUNTING INSTRUCTIONS

👁 **Note!**

Individual top mount is set for left and right. Use correct top mount on each damper. When tightening the top mount nut, the shock absorber shaft must be held in position with a 5 mm Allen key.

8

Install the Öhlins McPherson struts on the vehicle.

9

Mount the original brake hose brackets to the Öhlins struts according to fig 3.

Tighten the bolts to 6 Nm.

10

Fasten the upper attachments.

11

Raise the wheel hub with a jack to remove the freeplay of the lower strut attachment bolts before tightening them.

12

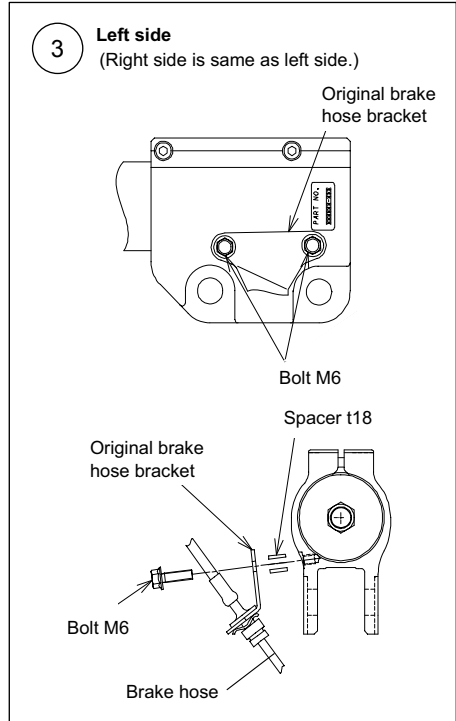
Tighten the lower strut attachment bolts.

👁 **Note!**

Make sure that all bolts are tightened to the correct torque and that nothing fouls or restricts movement of the strut when it is being fully compressed or extended. Test this over the whole steering range from lock to lock.

13

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



ADJUSTMENTS

⚠ Warning!

Before you ride/drive, always make sure that the setup is according to the 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 standard preload is 2 mm from a free length of 200 mm, giving 198 mm installed length, see fig 4.

SETUP DATA

Recommended set-up

Rebound	10	clicks
Spring preload	2	mm
Shock absorber length	379	mm

Spring

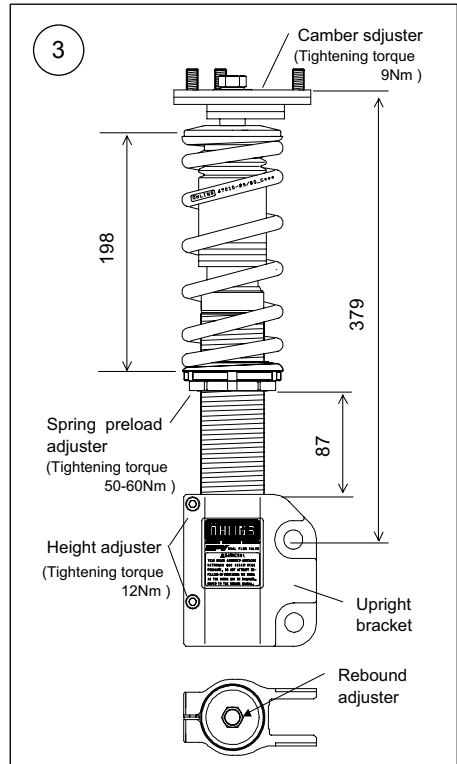
Spec H200, ID65, 80 N/mm

The actual vehicle height

With both the preload and height adjustments in their standard positions, the vehicle is lowered approximately 15 mm when compared to the original suspension. As the height adjuster is turned one rotation, the position moves 2.0 mm.

⚠ Warning!

The adjustment range is the standard position ± 15 mm. If the bracket is moved outside the adjustment range, it may come loose.



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.

To find the latest information contact an Öhlins distributor. Please contact Öhlins if you have any questions regarding the contents in this document.

Part no. MI_HOSMI30_2
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Kit Contents		
Description	Part No	Pcs
Shock absorber		2
Dust boot	10216-01	2
Spring		2
Washer	24619-01	2
Bushing spacer ID12	24629-18	2
Spacer ID10	24629-07	2
Lock ring	24636-03	2
Mounted on shock absorber		
Adjuster	24631-04	2
Used for both front and rear		
C-spanner		1
C-spanner		1
Öhlins sticker		1
Öhlins Owner's Manual		1

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Shock Absorber Kit for Honda Civic type R (FD2)

HOS MI30 REAR

Mounting Instructions



MOUNTING INSTRUCTIONS

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👁 Note!

When you work with this product, see the vehicle service manual for vehicle specific procedures and important data.

👁 Note!

Before you install this product clean the vehicle.

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 absorbers.

👉 Caution!

Support the lower arm with the jack before removing the damper. Otherwise, when the damper is removed, the lower arm rapidly falls.

4

Remove the springs.

5

Install the Öhlins springs on the vehicle.

👁 Note!

When tightening the top mount nut, the shock absorber shaft must be held in position with a 4 mm Allen key.

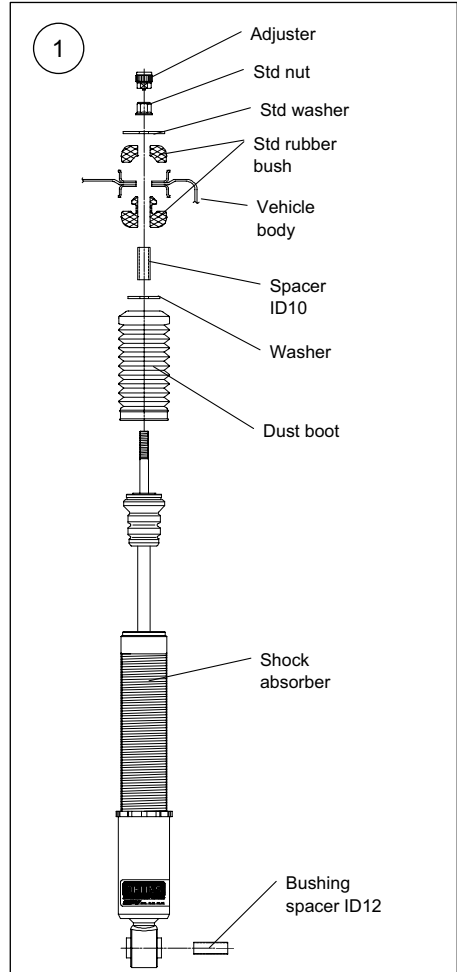
6

Fit the dust boot, the washer, the std rubber bushes and the spacer according to fig 1.

7

Install the Öhlins shock absorbers on the vehicle according to fig 2.

Tighten the std nut to 20 Nm.



MOUNTING INSTRUCTIONS

👁 **Note!**

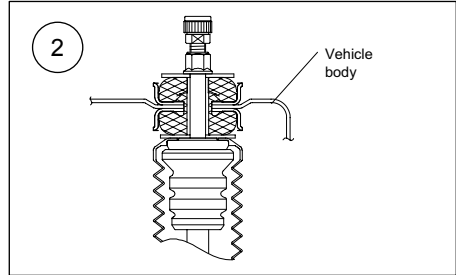
When tightening the top mount nut, the shock absorber shaft must be held in position with a 5 mm Allen key.

👁 **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.

8

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



ADJUSTMENTS

⚠ Warning!

Before you ride/drive, always make sure that the setup is according to the 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

Rebound	10	clicks
Shock absorber length	529	mm

Spring

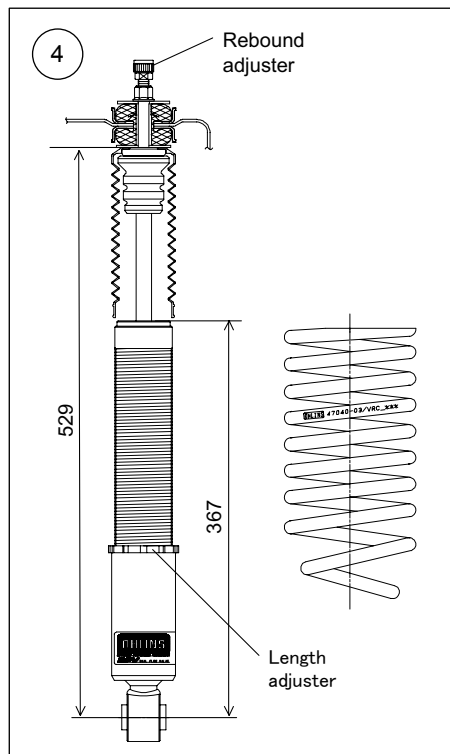
Spec H250, ID65-95, 24-65 N/mm

The actual vehicle height

The vehicle is lowered approximately 30 mm when compared to the original suspension. As the length adjuster is turned one rotation, the position moves 1.5 mm.

⚠ Warning!

The adjustment range is the standard position ± 15 mm. If the bracket is moved outside the adjustment range, it may come loose.



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