

ATV/UTV TRANSMISSION & SUSPENSION FLUID

AMSOIL SHOCK THERAPY 10 MEDIUM SUSPENSION FLUID

Use Shock Therapy #10 Medium for more damping and slower rebound in forks and shocks. 7.3 cSt at 100°C, 0.42 mm wear scar, and 60/0 foam results.

Independent guide: Prepared by ATV-Oil.com, independent AMSOIL Dealer ZO# 1642716. This is not an AMSOIL corporate publication. Confirm product selection against the vehicle manual and official AMSOIL lookup.

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Product Description

Use AMSOIL Shock Therapy #10 Medium Suspension Fluid when a fork or shock calls for more damping control and a slower rebound. It measures 31.8 cSt at 40°C and 7.3 cSt at 100°C under ASTM D445, with a viscosity index of 206. That 40°C number is exactly twice the #5 Light grade. Expect a noticeable change if you swap from the lighter fluid, then set fill volume, air gap, and bleeding by the damper manufacturer's procedure.

Choose it for more damping

#10 Medium is the heavier Shock Therapy grade. Use it where more damping control and a slower return stroke are wanted, or where the component specification points to a medium suspension fluid. Heavier does not mean better for every setup.

At 40°C, #10 Medium measures 31.8 cSt compared with 15.9 cSt for #5 Light. At 100°C, it measures 7.3 cSt compared with 4.4 cSt. The damper will usually feel the biggest difference early in a ride, before heat narrows the gap.

Match listed systems and forks

Fox, Koni, Öhlins, Race Tech, and WP suspension systems are listed where more damping control and slower rebound are wanted. Harley-Davidson forks that recommend type E or type B fork oil are covered by this grade as well.

Race Tech and WP also appear under #5 Light, so the brand stamped on the shock body does not pick the fluid by itself. Use the component specification, the desired damping change, and the rebuild procedure together before the cap comes off.

Read the cross-reference carefully

The replacement list includes Bel-Ray Fork 10W and HVI 10W, Fox Racing Oil, Maxima Fork Oil 10, Maxima 111-390 Racing Shock Fluid Medium 7 wt., Klotz 10W, Spectro SK400, Redline Medium, Öhlins Fork Fluid #15, Pro Honda SS-8, and Harley-Davidson Type B and Type E.

Two entries need extra attention. Compared with Fuchs Silkolene, #10 Medium gives slower rebound. Compared with Harley-Davidson Screaming Eagle Performance Fork Oil Heavy, it gives faster rebound. Treat the cross-reference as a service guide, not a promise of identical feel.

Hold feel as heat builds

Aggressive riding heats suspension fluid until it thins, and thin fluid can make shocks feel soft and inconsistent. High-viscosity-index synthetic base oils help maintain viscosity at extreme temperatures. This grade posts an ASTM D2270 viscosity index of 206.

ASTM D892 foam results are 60/0, 50/0, and 60/0 across the three sequences. The first number is foam at the end of aeration, and the second is foam after settling. Every settled value is zero, which helps keep air from softening the stroke.

Check wear, cold flow, and packages

Under ASTM D4172 at 40 kgf, 75°C, 1,200 rpm, and one hour, the four-ball wear scar is 0.42 mm. Anti-wear agents protect shocks and forks from premature wear, while friction modifiers cut energy lost to sliding parts inside the damper.

The ASTM D97 pour point is -48°C (-54°F). Flash and fire points are 192°C (378°F) and 208°C (406°F) under ASTM D92. No winter-specific recommendation is attached to #10 Medium, because #5 Light is the grade named for winter use.

Agitate the fluid before filling. STMQT-EA is the single quart bottle, STMQT-CA is the case of twelve, STM05-EA is the five gallon pail, and STM55-EA is the fifty-five gallon drum. Use the damper manufacturer's fill and service procedure.

Verified specifications

Property	#10 Medium (STM)	Test Method
Viscosity @ 100°C, cSt	7.3	ASTM D445
Viscosity @ 40°C, cSt	31.8	ASTM D445
Viscosity Index	206	ASTM D2270
Flash Point, °C (°F)	192 (378)	ASTM D92
Fire Point, °C (°F)	208 (406)	ASTM D92
Pour Point, °C (°F)	-48 (-54)	ASTM D97
Four-Ball Wear @ 40 kgf, 75°C, 1200 rpm, 1 hr, scar diameter, mm	0.42	ASTM D4172
Foam, ml (Seq. I, II, III)	60/0, 50/0, 60/0	ASTM D892

FREQUENTLY ASKED QUESTIONS

Q1: When should I use #10 Medium?

Use #10 Medium when the fork or shock calls for more damping control, slower rebound, or a medium suspension fluid. It is a tuning choice, so the component specification and desired feel matter more than the grade name.

Q2: How much heavier is it than #5 Light?

At 40°C, #10 Medium is 31.8 cSt and #5 Light is 15.9 cSt, exactly half. At 100°C, #10 Medium is 7.3 cSt and #5 Light is 4.4 cSt, so the difference narrows once the damper gets hot.

Q3: Which systems are listed for #10 Medium?

Fox, Koni, Öhlins, Race Tech, and WP systems are listed where more damping control and slower rebound are wanted. Harley-Davidson forks that recommend type E or type B fork oil are also covered.

Q4: Can I use it in a Harley-Davidson fork?

Yes, when the fork recommends type E or type B fork oil. Compared with Screaming Eagle Performance Fork Oil Heavy, #10 Medium gives faster rebound, so expect a change in fork feel after service.

Q5: Is #10 Medium recommended for winter?

No winter-specific recommendation is attached to #10 Medium. Its ASTM D97 pour point is -48°C (-54°F), but #5 Light is the grade named for winter use and has a lower -53°C (-63°F) pour point.

Q6: What wear and foam specs are published?

The ASTM D4172 four-ball wear scar is 0.42 mm at 40 kgf, 75°C, 1,200 rpm, and one hour. ASTM D892 foam results are 60/0, 50/0, and 60/0, with every settled value at zero.

AVAILABLE PRODUCT CODES

Product Code	Package Size	Unit of Measure
STMQT-EA	Quart Bottle	Each
STMQT-CA	Quart Bottle	Case of 12
STM05-EA	5 Gallon Pail	Each
STM55-EA	55 Gallon Drum	Each