```
<?xml version="1.0" encoding="ISO-8859-1"?>
<febio spec version="3.0">
    <Module type="solid"/>
    <Control>
        <analysis>STATIC</analysis>
        <time_steps>50</time_steps>
        <step size>0.02</step size>
        <solver>
            <max refs>15</max refs>
            <max ups>10</max ups>
            <diverge reform>1</diverge reform>
            <reform each time step>1</reform each time step>
            <dtol>0.001</dtol>
            <etol>0.01</etol>
            <rtol>0</rtol>
            <lstol>0.9</lstol>
            <min residual>1e-20</min residual>
            <qnmethod>BFGS</qnmethod>
            <rhoi>0</rhoi>
        </solver>
        <time stepper>
            <dtmin>0.005</dtmin>
            <dtmax>0.05</dtmax>
            <max retries>5</max retries>
            <opt iter>10</opt iter>
            <aggressiveness>1</aggressiveness>
        </time stepper>
    </Control>
    <Globals>
        <Constants>
            <T>0</T>
            <R>0</R>
            <Fc>0</Fc>
        </Constants>
    </Globals>
    <Material>
        <material id="1" name="HGO" type="Holzapfel-Gasser-Ogden">
            <density>1</density>
            <c>0.2014</c>
            <k1>243.6</k1>
            <k2>0.1327</k2>
            <kappa>0</kappa>
            <gamma>0</gamma>
            <k>100000</k>
            <mat axis type="vector">
                 \langle a \rangle 1, 0, 0 \langle /a \rangle
                 <d>0,1,0</d>
            </mat axis>
        </material>
    </Material>
    <Mesh>
```

```
<Nodes name="Object1">
            <node id="1">-0.5,-0.5,0</node>
            <node id="2">0.5,-0.5,0</node>
            <node id="3">0.5,0.5,0</node>
            <node id="4">-0.5,0.5,0</node>
            <node id="5">-0.5,-0.5,1</node>
            <node id="6">0.5,-0.5,1</node>
            <node id="7">0.5,0.5,1</node>
            <node id="8">-0.5,0.5,1</node>
        </Nodes>
        <Elements type="hex8" name="Part1">
            <elem id="1">
                               1,
                                             3,
                                                    4,
                                                           5,
                                                                  6,
                                                                         7,
                                      2,
8</elem>
        </Elements>
        <Surface name="Fixed Left">
            <quad4 id="1">
                                              5.
                                                     8</quad4>
                                       1,
        </Surface>
        <Surface name="Fixed Front">
            <quad4 id="1">
                                              7,
                                                     8</quad4>
                                5,
                                       6,
        </Surface>
        <Surface name="Fixed Bottom">
            <quad4 id="1">
                                                     5</quad4>
                               1,
                                       2,
                                              6,
        </Surface>
        <Surface name="Prescribed Right">
            <quad4 id="1">
                               2,
                                       3,
                                              7,
                                                     6</quad4>
        </Surface>
    </Mesh>
    <MeshDomains>
        <SolidDomain name="Part1" mat="HGO"/>
    </MeshDomains>
    <Boundary>
        <bc name="Fixed Left" type="fix" node_set="@surface:Fixed Left">
            <dofs>x</dofs>
        </bc>
        <bc name="Fixed Front" type="fix" node set="@surface:Fixed Front">
            <dofs>z</dofs>
        </bc>
        <bc name="Fixed Bottom" type="fix" node set="@surface:Fixed Bottom">
            <dofs>y</dofs>
        </bc>
        <bc name="Prescribed Right" type="prescribe" node_set="@surface:Prescribed</pre>
Right">
            <dof>x</dof>
            <scale lc="1">0.5</scale>
            <relative>0</relative>
        </bc>
    </Boundary>
    <LoadData>
        <load_controller id="1" type="loadcurve">
            <interpolate>SMOOTH</interpolate>
            <points>
```