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<?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>
      <qnmeth>BFGS</qnmeth>
      <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">
        <a>1,0,0</a>
        <d>0,1,0</d>
      </mat_axis>
    </material>
  </Material>
  <Mesh>
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<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,      2,      3,      4,      5,      6,      7,
8</elem>
</Elements>
<Surface name="Fixed Left">
  <quad4 id="1">      4,      1,      5,      8</quad4>
</Surface>
<Surface name="Fixed Front">
  <quad4 id="1">      5,      6,      7,      8</quad4>
</Surface>
<Surface name="Fixed Bottom">
  <quad4 id="1">      1,      2,      6,      5</quad4>
</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
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>

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        <point>0,0</point>
        <point>1,1</point>
    </points>
</load_controller>
</LoadData>
<Output>
    <plotfile type="febio">
        <var type="displacement"/>
        <var type="relative volume"/>
        <var type="stress"/>
    </plotfile>
</Output>
</febio_spec>
```