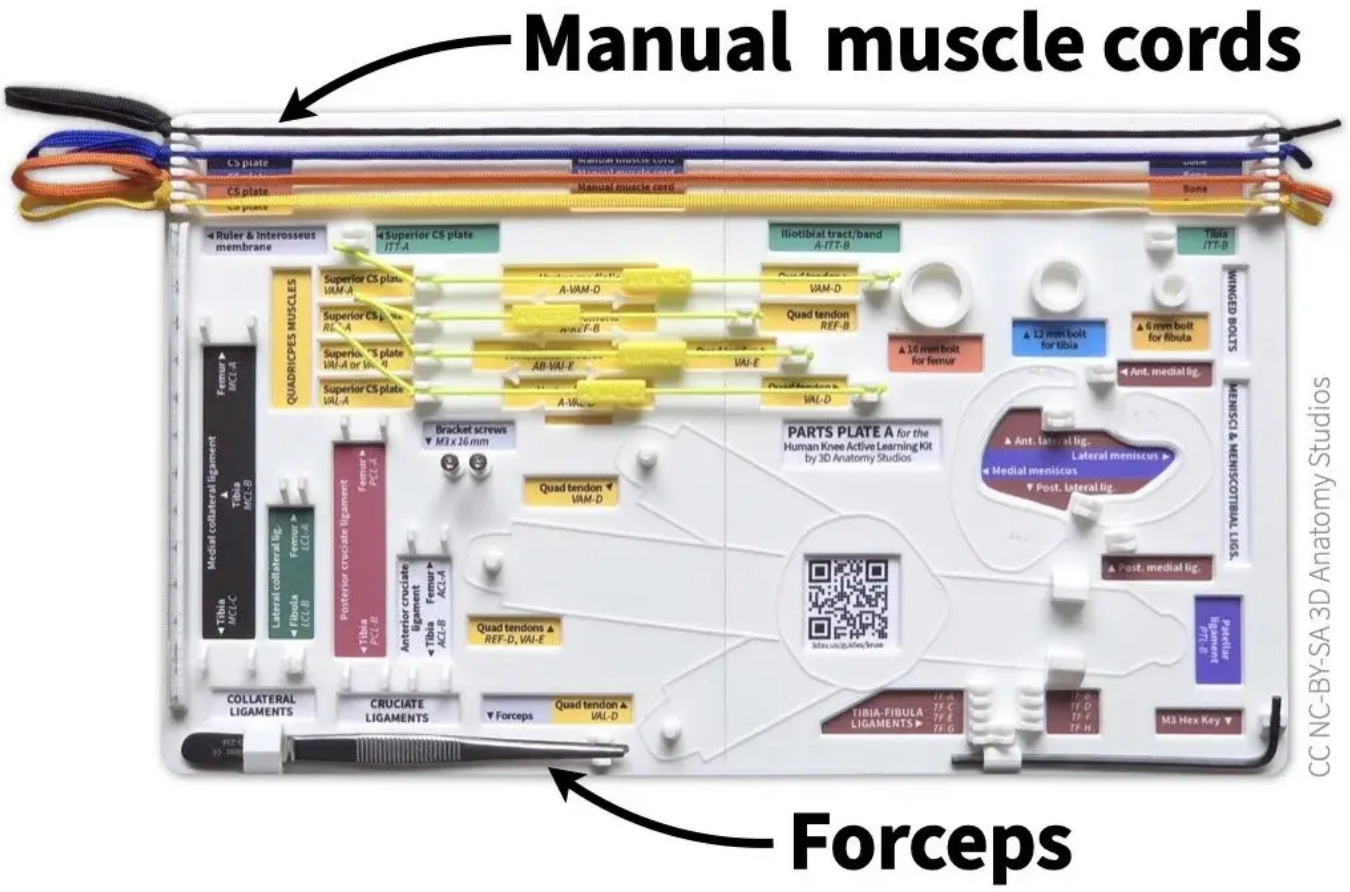
Detaching the manual muscle cords

Detach the manual muscle cords by following the steps shown in the video or listed out below.

Video showing how to detach manual muscles cords from a quadriceps tendon clip (first half) and from a bone surface attachment site (second half).

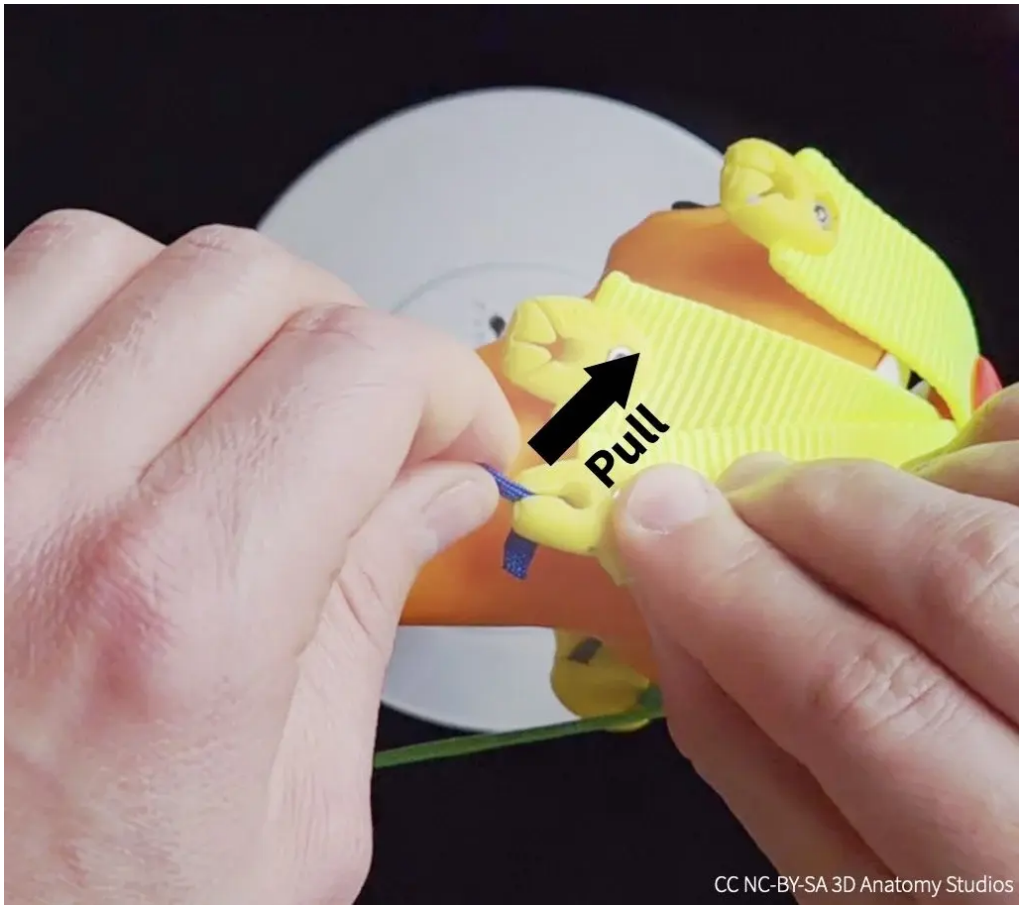
You might find the forceps helpful; you can find them at the bottom left corner of Parts Plate A.



Detaching a manual muscle cord from a clip

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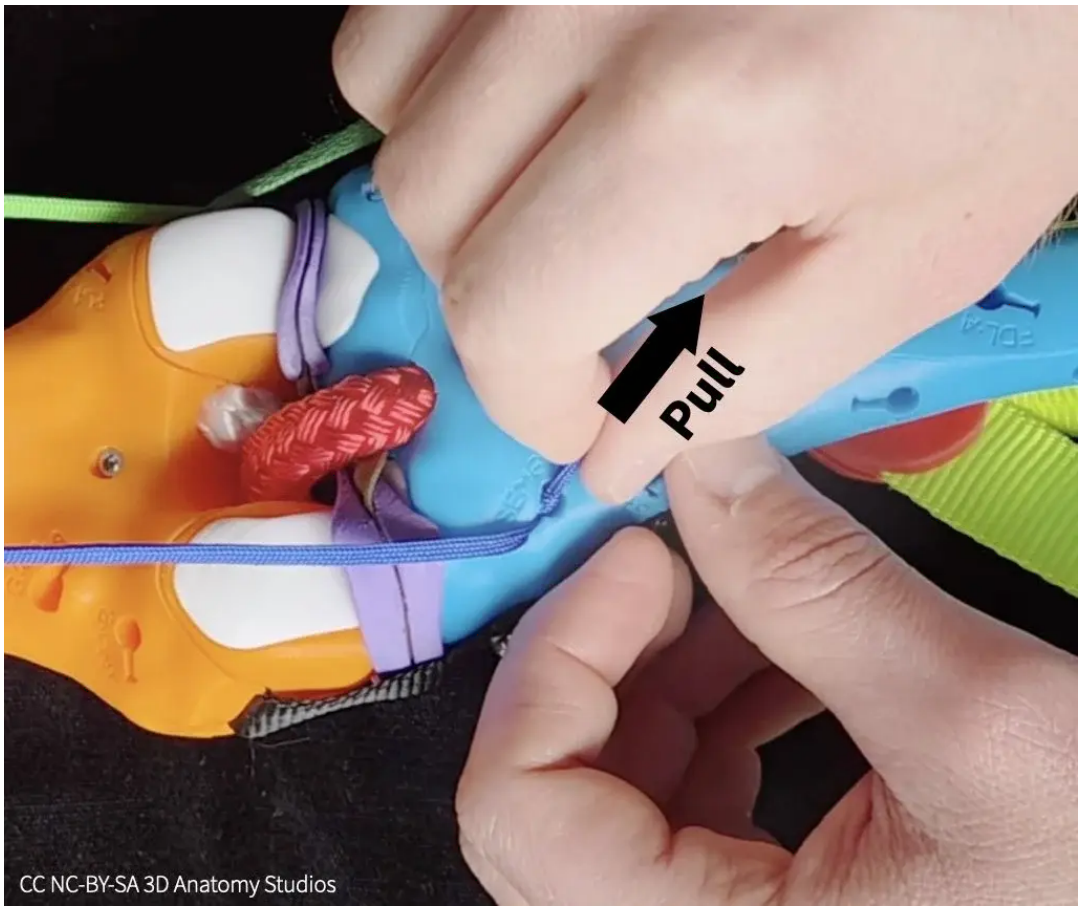
To detach a manual muscle cord from one of the quadriceps tendon clips, first pull the cord up and out of the clip slot. The knot will then be unlocked from the clip so you can detach the cord from the clip and pull it out through the cross-section plate.



Detaching a manual muscle cord from a bone

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To detach a manual muscle cord from a bone, pull the tail of the cord using your fingers or the forceps so that the knot unlocks from the internal hook and slides out of the hole. If the tail is inside the hole or if you have trouble, you can use the forceps to grab the cord from inside the hole to pull it out.



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