McKibbens Muscle Instructions

1. Secure one end of the flexible sleeve with a zip-tie. Excess sleeving can be outside the zip-tie.

2. Cut the balloon so that’s only a little bit longer than your flexible sleeve.

3. Insert a straw into the balloon. Use the end of the straw to feed the balloon up into the flexible sleeve. The balloon should not bunch.

4. Remove the straw from the balloon and insert the tubing into the end of the balloon. Make sure the balloon is far enough over the tubing so it will not slide off - you may remove the tape to see the connections more clearly.
5. Use a zip-tie to secure the sleeving and balloon around the tubing. Part of the balloon can be outside of the zip-tie however the tubing needs to be inside the secured sleeve.

6. Use a syringe to inflate the sleeve and balloon system. Before attaching the syringe, pull out the syringe so there is available air to inflate the sleeve.