



### Exercise 6 Suture

1. Before the first attempt, watch the introduction video on [www.luebeck-toolbox.com](http://www.luebeck-toolbox.com)
2. Complete the exercise exactly as required. Only then can objectives be related to your training progress.
3. It is strongly recommended to read through and internalize the video „**Tipps and Tricks**“ to the below mentioned repetitions. This will also improve your learning curve.

Target time: **98 seconds**

Objective: **The target time should be reached twice in 5 repetitions.**

**Watch film**

**Twist rubber further**

\_\_\_\_\_

Name

#	TIME	DEVIATION (in mm)	KNOT NOT TIGHT ENOUGH	KNOT DOES NOT HOLD	END OF SUTURE TOO SHORT (<4 mm)	#	TIME	DEVIATION (in mm)	KNOT NOT TIGHT ENOUGH	KNOT DOES NOT HOLD	END OF SUTURE TOO SHORT (<4 mm)
1						21					
2						22					
3						23					
4						24					
5						25					
6						26					
7						27					
8						28					
9						29					
10						30					
11						31					
12						32					
13						33					
14						34					
15						35					
16						36					
17						37					
18						38					
19						39					
20						40					



#	TIME	DEVIATION (in mm)	KNOT NOT TIGHT ENOUGH	KNOT DOES NOT HOLD	END OF SUTURE TOO SHORT (<4 mm)
41					
42					
43					
44					
45					
46					
47					
48					
49					
50					
51					
52					
53					
54					
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56					
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60					
61					
62					
63					
64					
65					
66					
67					
68					
69					
70					

#	TIME	DEVIATION (in mm)	KNOT NOT TIGHT ENOUGH	KNOT DOES NOT HOLD	END OF SUTURE TOO SHORT (<4 mm)
71					
72					
73					
74					
75					
76					
77					
78					
79					
80					
81					
82					
83					
84					
85					
86					
87					
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92					
93					
94					
95					
96					
97					
98					
99					
100					

(Attempts 81 to 100 are optional)