

## Supplementary material

### Cyclical loading protocol used to measure maximum tensile strength and displacement of anchors

1. Anchors were pretensioned at 10 N for one minute.
2. Cyclical loading from 10 N to 180 N for up to 200 cycles at 0.2 Hz was applied.
3. Gap formation was measured after 50, 100, 150 and 200 cycles. Gap formation was defined as the difference between the initial construct length after pre-load and the subsequent distance after each cycle point.
4. After 200 cycles of loading, specimens were loaded to failure at a rate of 1 mm/s, until complete disruption of the specimen.