



LIMB*CENTER.ORG*



Limb Lengthening Experiments

Below are limb lengthening (shinbone) experiments that we've tried with little success over the past years.

Shinbone Version 2009 Experiment

Results: About 200 experimenters worldwide tried Version 2009 but results were not encouraging. This routine is too cumbersome and difficult to produce intense stretching sensations. Here, 2 opposite pulling forces are directed along the length of the shin; however, these forces are not equal and proportional. Failures from Version 2009 led us to advance further experimenters that would allow 2 opposite stretching forces exert strongly and equally on the legs. Afterwards, the creation of Shin Version 2010 and 2011 was made to maximize the stretching potential of the shinbone while causing the least impact on the knees.



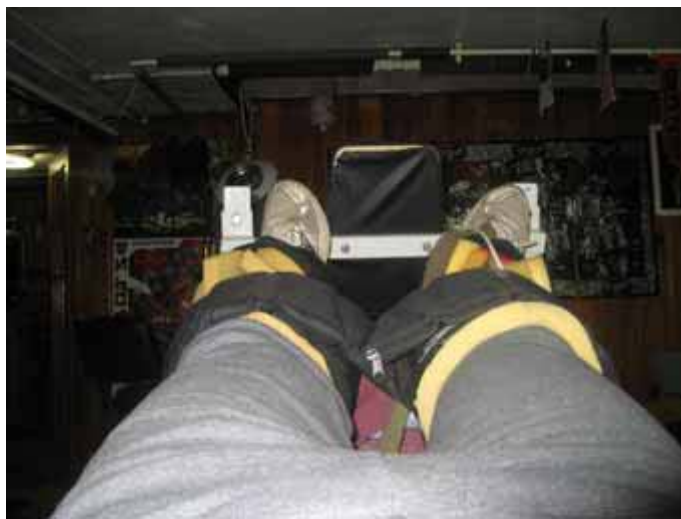






Pictures below are final steps:





Shinbone Version 2008 Experiment

Results: In early 2007, Version 2008 was made available to experimenters on EasyHeight.com. About 650 experimenters worldwide tested this routine. In the end, results were very disappointing. As we learned later, the direction of a downward stretching force was NOT successful because the knee cartilage absorbed all the shock. Also, simply kicking with 10 pounds (4.5 kg) each leg was nowhere sufficient to influence bone shape.

From what we now understand: For the legs to grow at a right pace, two opposite stretching forces must be directed along the length of the shinbone, given that one of the forces generates a tremendous pull right above the ankles (near the location of a growth plate).









Below are the final steps



Kicking with ankle weights Experiment

Results: Very disappointing. About 500 experimenters worldwide tried the kicking experiment in July 2004 through December 2005. It was believed that by doing 4,000 to 6,000 kicks with ankle weights (each leg) daily, one may grow taller like the Muay Thai kickboxers. By doing so, microfractures (tiny bone fractures) are produced in the lower legs as calcium deposit in such fractures and heal those areas. So every time a kick is performed, it was thought that your lower legs should lengthen or remodel as they need room to grow outward. However, as we learned later, the direction of a kick was NOT correct because only the forward force was observed. Also, simply kicking with 10 pounds (4.5 kg) each leg is nowhere sufficient to influence bone shape.

From what we now know, for the legs to grow at a right pace, two opposite stretching forces must be directed along the length of the shinbone, given that one of the forces generates a tremendous pull right above the ankles (near the location of a growth plate).











Inverting with weights Experiment

Results: Since late 2006, about 800 experimenters worldwide tested inversion exercises to grow longer legs and spine. Results? Very disappointing. It's very difficult to overcome the force of gravity as the spine always compresses back to its original shape. At the same time, the knee cartilage and tendons of the legs also "shrink" back to its original shape due to the earth's gravitational pull. Inversion exercises in general, do not consistently provide a powerful stretch for height growth. A stretching force caused by inversion is **very weak and short-lived** and subsequently would do very little to influence a bone transformation. From what we now understand, **it's false to believe that the force of spinal decompression will triumph over the force of gravity.**











Leg Stretching Experiment

Results: Very disappointing. Simply stretching bones without the use of weights is never effective for height increase. Even when weights are involved, the direction of bone growth must be clear and free from any resistance.







In adults, it's not effective to influence bone shape by the use of leg brace. Some experimenters in the past tried to elongate their shins by using a leg brace. Only a few months later, they realized that bone stretching requires much more than just velcro strap and ankle brace.



Jogging with ankle weights Experiment

Notes: Jogging with ankle weights is thought to produce microfractures as seen in Shin Version 2008. Microscopic-size fractures (in lower legs) caused by jogging with weights would present your legs as “stretchable” and thus any stretching exerted afterwards should be effective. However, there are conflicting theories as to whether microfractures are useful. Why? Any type of high-impact ground exercises (jogging or jumping) would potentially cause the bony areas above your ankles to become stiff and hard; thus, any stretching afterwards would be difficult to influence bone shape.





Leg strengthening with weights Experiment



Jumping with ankle weights Experiment

Notes: Jumping with ankle weights is thought to produce microfractures as seen in Shin Version 2008. When the weather is cold outside, it's an option to jump with ankle weights at the comfort of your home.



Experiment: Raised-seat & Extended-seat Cycling with ankle weights

Results: Very disappointing. Since June 2004, we've experimented with biking off and on. A total of 600 experimenters worldwide tried this experiment with very little success due to lack of intensity and sufficient balance. Cycling has always intrigued us because the motion of your legs, knees, and hips can potentially thicken cartilage in these areas. One of the initial challenges that experimenters faced was the adjustment of the saddle seat. The saddle seat sometimes shrank or compressed down due to the heavy weight of the body exerted on top. Many believe that they've gained a quarter of an inch since they kept raising the saddle seat every two weeks; when in fact, it's actually the saddle seat that has shrunk but NOT the growth in their shin bone.





Equipments we used to raise the seat of our stationary bike



Tool #1: drill bit

Go to your local hardware store or Home-Depot or Lowe's Home Improvement and find some drill bits.. and choose the one that fits the hole of your stationary bike bar.

The drill bit I'm using is 11/32" (0.86 cm). It costs about \$4.49 @ Ace Hardware Store. The



Tool #2: bolts & nuts

You need 4 bolts. The bolts I'm using are 5/16" x 2". It costs about 52 cents for each @ Home Depot.

Also, you need 4 nuts. The nuts I'm using are 5/16". It costs about 96 cents for each @ Home Depot.

brand is *High Speed Steel*.



Tool #3: bolt hub-caps

You need some bolt hub-caps so you can tighten them up with the bolts.



Tool #4: bar

You need a copper, metal, or nylon bar so that you can insert inside the saddle seat bar to lengthen it. It's important that you find a bar that must fit the saddle seat bar perfectly.. if it's not securely fit, the saddle seat will shake later when you cycle.



Tool #5: Of course, you need a stationary bike.. above is the stationary bike that I purchased online from Walmart. Or, goggle and find any bikes.

How we raised the saddle seat higher



Before: This is what the stationary bike looks like before we customized it.



After: This is what the bike looks like after we customized it. The saddle bar is now 5 inches longer than before.



Step 1: First, you need to remove the saddle seat from the stationary bike.



Step 2: Saw the saddle seat bar in half.



Step 3: Insert the copper tube in between the 2 cut-ends of the saddle bar..

Note: I'm using the copper bar because it fits perfectly into the saddle bar.. you may try copper, nylon, metal, or any other as long it fits.



Step 4: Secure the bicycle saddle bar on a platform and begin to drill some holes.



Step 5: We use a drill bit size 1 1/32", and drill 4 holes in between the saddle bar AND the copper tube hidden inside. Approximately 1/2 inch between each hole.



Step 6: Then, get some bolts, nuts, bolt hub-caps.. and secure the 4 holes.



Step 7a: This is what the saddle bar looks like after it's complete.. it's now 5 inches longer than before. Note that the 4 holes that I drill go through both the saddle bar and the copper bar hidden inside. Next, I insert bolts through both the saddle bar and the copper bar.. and I tighten them up.



Step 7b: This is the close-up zoom of the saddle bar and how bolts & nuts are tightened.



Finished product: Mission accomplished!

Sleeping with ankle weights Experiment

Results: This routine was originally released in Spring 2005. It was thought that sleeping with ankle weights may potentially lengthen your shins. But after 6 months, NO permanent growth was reported from any experimenters (about 400 subjects worldwide). This routine was very difficult to endure since it resulted in sleepless nights and even nightmares. About 4 hours into sleep, experimenters reported mild muscle cramps in the legs due to irregular blood circulation which was negatively impacted by the heavy ankle weights. Through trials and errors, we know that sleep is of vital importance and NO exercises should ever be experimented while sleeping.



Shin Version 2011 Trials & Errors

Notes: We experimented growing taller with iron plates for awhile. These iron plates are heavy and unsafe to handle. It was only until last year when we found out that the use of a lever hoist appears easy and effortless.







Other Experiments

Over the past 6 years (since June 2004), we've invested a fortune trying to experiment and unravel other height increase methods and programs. For more details, please visit our sister website EasyHeight.com. And best of all, our research and experiments on Easyheight were available free of charge even to foreign visitors.

- Shinbone Version 2004 (original version)
- Limb lengthening surgery reviews
- Japanese height increase clinic
- BodyRemodeling.org clinic review
- Stationary inversion
- Lumbar Routine 2008
- Inverted sit-ups
- Stretching journals & exercises
- Yoga & Pilates
- Alexander Technique
- Swimming
- Pull ups
- Hypnosis
- Hgh-stimulating insoles
- Alfalfa
- Growth Hormone Gel, Cream, & Pills
- Microfracture exercises