



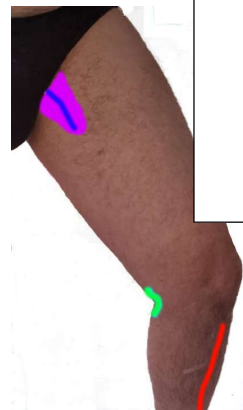
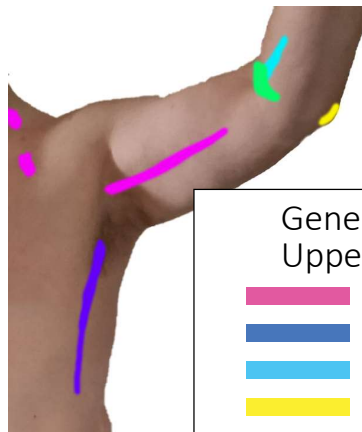
Rope Studio

Workshops, Classes and Events

Nerves - Location & Compromise

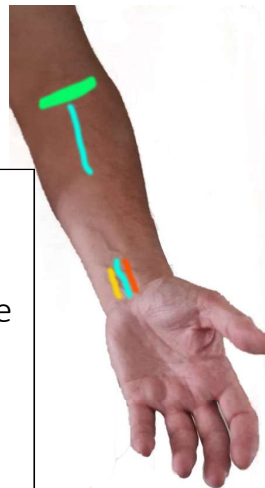
One of the most dangerous aspects of any form of bondage is the potential for damage to be done to the nervous system. Information and education should be sought by anyone involved, to best minimise risk during any BDSM activity. Rope play is seen as high risk play because of the potential for damage to nerves.

Awareness - Where are nerves exposed?



Generalised Locations:	
Upper Body and Arms	
	Brachial Plexus
	Long Thoracic Nerve
	Median Nerve
	Ulnar Nerve
	Radial Nerve
	Elbow Pit
Leg and Knee	
	Femoral Triangle
	Femoral Nerve
	Tibular Nerve
	Knee Pit

Nerves pass across the inner part of the Elbow and Knee, as does the blood supply to the rest of the arm or leg.



The Radial Nerve is usually found at the head of the deltoid, where the biceps and triceps meet. It is prone to direct pressure here, as it passes over the humerus.

It is possible to palpate to locate this nerve, as it is with others where they are most vulnerable. Great care should be taken when doing so, as it is possible to get it wrong or press too hard. Not everyone will have nerves in the same position. That's why this is so dangerous.

Sensing Compromise - Feeling an effect in our hands.

The three main nerves of the arm are responsible for enabling the nerves in our hands. Often, the first sign that one or more of these nerves is being compromised is a change in how our hands and finger feel.



Enervation of Hands:	
	Median Nerve
	Ulnar Nerve
	Radial Nerve

These are the generalised areas where sensation is enabled by the three nerves of the arm.



In very simplistic terms, it is a matter of interpreting how our hands feel.

When our hands feel as they would when not bound, we can be relatively sure the nerves are not compromised.

It is possible that our tying could lessen or compromise the supply of blood to the hands. This would be noticed as an overall sensation of tingling in the hands.

If there is tingling in a specific area on the hand, as associated with one of the nerves, it would suggest a nerve is being compressed. By constantly communicating and checking the status of the hands, we can be aware of any changes that might suggest nerves are at risk of being damaged. If we do discover tingling or loss of sensation, bondage should be removed to avoid greater damage being done.

Please Note - Not the work of a medically trained person, neurologist or neuroscientist.