



Rope Studio

Workshops, Classes and Events

Nerves - Compression & Damage

The placement of rope in a static location can be managed in a reactive way, if there is a suggestion that nerves are in some way compromised.

Checking Sensation - Is it all there?

When tying, we should be pro-actively checking on the status of our partner. When being tied, we can also be pro-active in checking our hands for sensation.

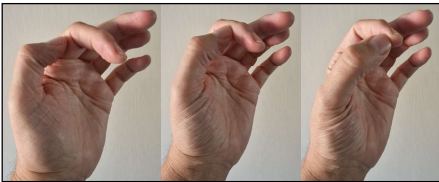
Fingertip Test



Touching finger and thumb in turn tests the sensation at our fingertips. This simple test gives us an idea of how the Median and Ulnar nerves are performing.

Numbness can be attributed to the nerve depending on the finger in which it is located.

Lateral Test



Sliding our thumb laterally along the length of each finger in turn testing for sensation. This test is predominantly going to give us an idea of how the Radial nerve is behaving. Our little finger is governed by the Ulnar nerve.

Once again, numbness can be attributed to the nerve depending on the finger with which it is located.

Grip and Flexion Test



Whilst the nerves that travel down the Brachial Plexus do indeed enable our sense of touch, some also provide motor function, operating muscles. If these kinds of nerves are at all compromised, a muscle or muscle group will lose the ability to function properly. In the case of our hands, we can test this by gripping and flexing. If we test these functions with our partner prior to tying, we can get a good idea if any loss of ability has occurred. For grip, they can squeeze our finger. For flexion, they can push against our hand with theirs.

Hidden Dangers - Can we avoid them?

The nervous system runs the entire length and breadth of the body. If sensation is lost there is no guarantee our ropes are the immediate source of the problem. There could be some other positional impingement for which simply removing rope is not enough.

If bloodflow is compromised to the nerves of the hands we should get an overall tingling sensation. However, if a nerve does not have a sufficiently good blood supply it can cease to function. In some cases, motor nerves that move muscles can cease to work, because the blood supply to them has been cut off. We only learn of this as we begin to untie our partner and blood circulates again. We may find that there is a loss of sensation or functional control, as we have damaged the nerve. If the nerves can not recover from the damage, it will be permanent. Reading the signs of bloodflow, such as skin colouration, skin temperature of a limb, muscle numbness or cramp, we continuously monitor our partner. When we see changes, we should react. The speed of change indicates the speed with which we should react.

If we tie our partner then alter their position, we might be increasing the pressure of the rope. Lying them down might put pressure on a rope as it is pressed between the body and the ground. Any rope on the body that is likely to be compressed in this way is going to increase the risk in the tie, as it could impinge a nerve or may compromise the blood supply. The best way to avoid cumulative damage and excessive compromise is to minimise the time in which our partner is tied. Never leave your partner in a compromised position for any length of time.

Breathing - Absolutely vital.

When we tie around the chest we effectively limit our partner's ability to breathe. This can not be taken lightly. We must be fully aware of our partner at all times, monitoring them for all aspects of their health. If we alter the position of our partner, we should be considerate of how this might further restrict their breathing. If they show any sign of distress or communicate any difficulty, we should remove the rope immediately.

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