



# Rope Studio

## Workshops, Classes and Events

### Nerves and Blood - Rope Placement

How and where we place rope is part of the tie or style of tie we are doing. If we think about how that could affect a nerve, our practice will be safer.

#### The Nature of a Nerve

When we think of nerves, we imagine a strand that connects from one part of the body to the brain. Really, a nerve is centered in the brain, where the main cell (nucleus, soma and dendrites) resides. A long dendrite or Axion runs through the body to the location the nerve serves. At this point it splits into other small Axon tendrils. The length of the Axion is protected by a multi-segmented Myelin Sheath. When the sheath is irritated it swells, causing a restriction in the nerve fibre and a loss of function. (pseudo-scientific ley-view) You can research this.

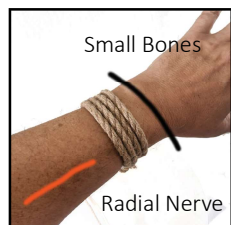
Most of the time, nerves pass deep inside the body. Sometimes, as with those nerves most likely to be affected by our activities, they are close to the surface of the skin with no covering muscle or bone. Some of the areas identified in our diagram are such locations. It's not an extensive display.

#### Types of Exposure

When we apply rope, we generally do so across or perpendicularly to the path of a nerve. Some nerves run in a valley between muscles, bones or a combination of both, but they can still be susceptible to direct pressure. In some cases, nerves run directly over bone and can easily be compromised. When we tie, we alter the resting position of a limb or apply pressure in locations that the body is not used to. It's important to understand how a positional change might affect the exposure of a nerve.

#### Rope, Nerves and Blood Supply

When we tie, we hold the rope in place on the body with the pressure exerted by the tension we set in the rope. As we progress on our journey the ties we do become more technical and complex, sometimes rope will be more restrictive. The risks we take as we become more experienced might not be the risks we take when we are new. So that there is minimal confusion rope placement suggestions will be focused on those we might first start to use as a beginner.



Even with such simple elements as rope cuffs, single and double column ties, it is important that we consider placement; Not too near the small bones of the wrist and hand. Not close to the exposed Radial Nerve and not so tight that we restrict blood flow or compress nerves.

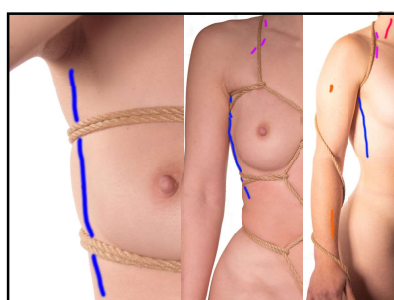


Nerves and Blood Vessels



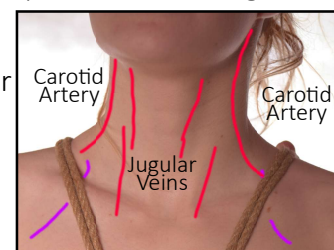
#### Always Aware

Our partner is an individual and should be seen as such when thinking about nerves, pressures and restrictions. They might find discomfort in a rope position that was fine on someone else. We should always accommodate our partner and listen to them, as they know their body better than anyone does. The ties we learn and employ are general designs. Suggested rope positions are guides for good practice. Care must be taken with position of the rope, position of our partner, and the tension and pressure we have within the rope and tie. When our tying is static and our partner does not move the rope does not move and pressures remain the same as when we placed the rope. If our partner is moved or the pressure is altered in a rope, we have to asses the increased risk, whether we are creating torsion or twisting pressures on the rope and so adding to the risk of nerve damage and possible compromise to blood flow.



Ties around the rib cage are going to cross over the Long Thoracic Nerve so care must be taken with the pressure placed upon it, even though it is not as prone to compromise as other nerves.

The Brachial Plexus passes beneath the collar bone and is protected by the upper part of the trapezius, but the corotid artery and jugular veins are quite exposed at the neck and should be avoided when rope goes over the shoulder.



Take care to avoid placing rope on the veins and arteries of the neck. These supply the Brain.

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