Anatomical diagram

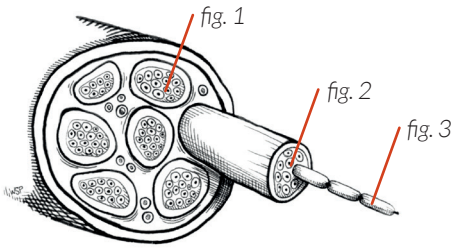
Nerves in rope bondage

Description of a nerve

A nerve is made of several **motor** and **sensory nervous fibers** (*fig.1*) made of **axons** (*fig.2*) protected by **myelin** (*fig.3*). In case of a lasting or too important compression there is a risk of lesion of this myelin (*neurapraxia*) followed by a loss of the motor and sensory function. The recovery process can be **a few minutes to 12 weeks long**.

Prevention

- maintaining an equal tension between the differents ropes helps to build a safer structure
- let your partner adjust their position in the ropes
- be especially careful during transitions, ropes may slip
- regularly invite your partner to check their limb sensibility:

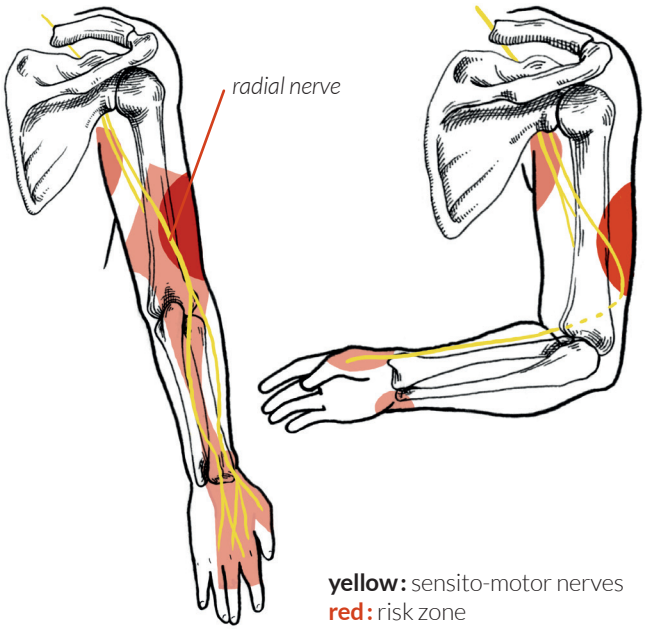


The compression happens **without pain or visible warnings**, but with clinical signs: sensation loss, muscular loss, abnormal sensations (needles-like tickles, hyper sensitivity…)

Main nerves of the arm

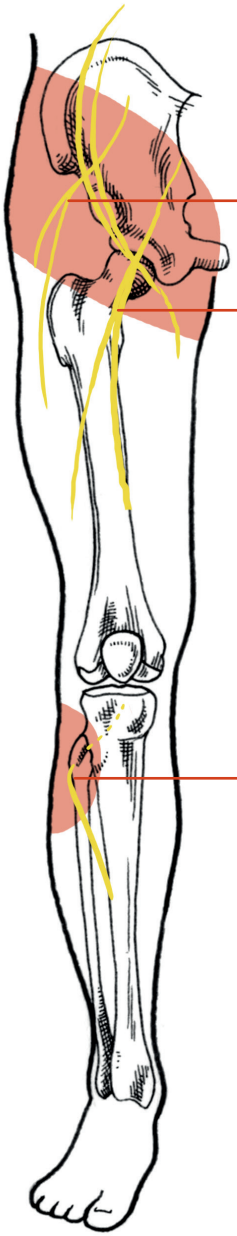
(position may vary from one individual to another)

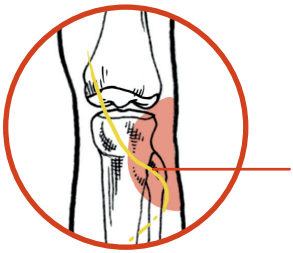
Closing your fist with your thumb firmly standing allows you to check most of your arm's nerves



yellow: sensito-motor nerves
red: risk zone

Main nerves of the leg





In case of a strange sensation, a loss of sensation and/or motor function, untie delicately and without panic (to avoid causing more damages).

You can then :
- apply ice packed in cloth
- take NSAID (nonsteroidal anti-inflammatory drug)
- gently rub the limb

In the following day :
- let the limb rest
- take vitamin B (helps myelin rebuild itself)
- if there is still no sign of recovery within a few days, see a doctor, there is a risk of nerve damage (*axonotmesis* or *neurotmesis*)

Also, avoid :
- bandage or any kind of compression
- ropes on the limb before full recovery

credits : Place des Cordes, **Antoine Savalski** / illustrations & graphism : **Elsa Depont** / thanks to **Shibari Circus**