

# Anatomical diagram

## Nerves in rope bondage

### Description of a nerve

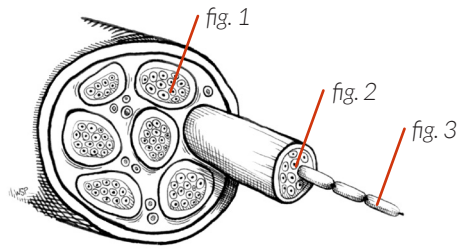
A nerve is made of several **motor** and **sensory nervous fibers** (fig.1) made of **axons** (fig.2) protected by **myelin** (fig.3). In case of a lasting or too important compression there is a risk of lesion of this myelin (*neurapraxia*) followed by a loss of the motor and sensory function. The recovery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

### Prevention

- maintaining an equal tension between the different 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:



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

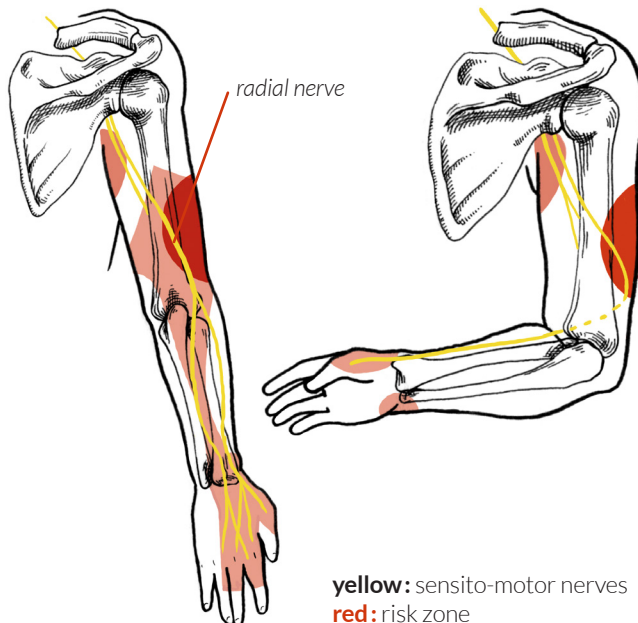


The compression happens **without pain or visible warnings**, but with clinical signs: sensation loss, muscular loss, abnormal sensations (needles-like tickles, hyper sensitivity...)



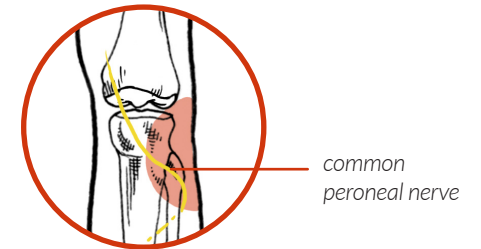
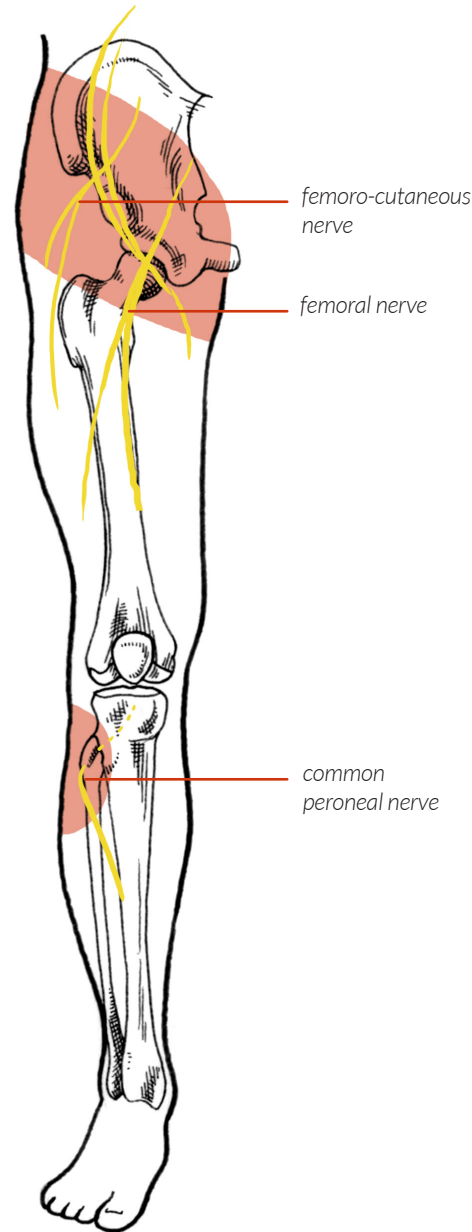
### Main nerves of the arm

(position may vary from one individual to another)



**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