



A GUIDE FOR
ROPE BOTTOMS & BONDAGE MODELS



By Clover
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Introduction

This resource aims to provide fundamental information regarding rope bottom safety, to enable tops and bottoms to make informed choices and educate those starting out on their rope journey.

One of the most important points to remember about rope bondage, besides having fun, is there is **always** a risk. There are risks attached to every bondage scenario, even with the best bondage riggers and models.

I cannot emphasise enough how important it is to really consider and understand these risks. If you do not know what the risks might be this is an indication that you need more information.

It's possible to minimise risk by being risk and self-aware, informed and working with a rigger who has good skill and is risk aware. You will significantly reduce the risks of bondage but you will never eliminate them entirely.

This guide is a set of general recommendations. It is by no means suited to every rope bondage situation and every bottom or body type. You may have preferences that contradict the advice given in this guide.

It is important to remember that every person's body is different, what is correct for you, might be dangerous for another person. As you gain experience and self-awareness in bondage you may find that your personal preferences and what your body needs differs from the guidelines in this resource.

It is the rigger's responsibility to ensure they are doing the right thing for you. It is your responsibility to communicate with the rigger. You both have responsibility to one another.

Communication is vital to reduce the risk involved with rope bondage. It is your responsibility to communicate and give feedback before, during and after bondage. When you are new to bondage you may not know your feelings or reactions well.

Communicate with your rigger and err on the side of caution when you are unsure. If you communicate openly and freely your rigger should be able to trust that you are a reliable bottom.

If on the other hand you conceal things when you are unsure or suspect danger signs it can result in numerous disastrous outcomes, as well as breaking your riggers trust in you as a responsible bottom.

To break rules, you must first understand them. Sometimes skilled, experienced and risk aware riggers can go beyond these guidelines with your risk aware consent. This can be done with caution, keeping risks, safety and possible consequences in mind. However, a rigger must know the rules that they are breaking and why these rules are there to begin with, before they decide to break them.

Don't be afraid to question your rigger at any point.

Remember, during play your safety comes before any D/s protocol.

Remember that during a photo shoot or performance your safety comes before doing your job as a model.



Responsibility

You are responsible for you. You are responsible for the decision of who you allow to tie you. It is up to you to inform yourself of the risks involved in what you are about to do. Sometimes that risk might be not knowing what is about to happen. It is important to speak up without hesitation if you are not happy during a rope session.

Educate yourself. Be aware. Know your limits; especially know the limits of your own knowledge.

Learn about your anatomy and personal vulnerabilities.

It is good practise to disclose any health problems to your rigger and inform them of anything you think they should know, for example, any mental or physical conditions or injuries that may impact on your rope time.

Ask your rigger if they have anything to tell you that might impact on your rope experience.

The Bondage Rigger

Ideally, your rigger should, be good at communicating, possess good knowledge of anatomy, be aware of potential risks and know how to react in an emergency.

Your rigger should demonstrate good skill and experience and be open to learning to expand their skill set. However, rope bondage could be something new to you both. That's great; hopefully this section will be useful for both of you.

It can be difficult to know how to identify a good rigger.

There are some indicators that can make a good rigger but don't always apply. A rigger may well have tied lots of different people but numbers do not necessarily make a good rigger.

They may be involved in organising events and be well known in the rope community; again this does not automatically mean they are a good rigger.

Deciding who to allow to tie you up will come down to your own judgement. You will never really know how compatible you will be until you do rope with them which is why it is a good idea to start slow, negotiate your play and put a lot of this article to use.

Here are some things to consider to help make your decision a little easier when negotiating bondage with a potential rigger.

What bondage experience have they had?

Lots of experience sounds great and for some it is, but remember years of experience does not always equate to years of skilled bondage. It could mean that they have been engaging in unnecessary risky bondage for many years and they have been very lucky not to injure a rope bottom. However, when taken into account with all other factors experience can be part of a good indication of overall quality.



How confident do they feel about their rope bondage skills?

There are some riggers who are entitled to feel confident in their rope bondage skills and then again there are some who are not entitled to that confidence. Confidence on its own is not a great indicator and needs to be taken as one factor in making your decision.

Even if the rigger boasts years of experience, drops names and talks about how many people they have tied, don't necessarily take this at face value. Ensure that you do all the other checks to get a balanced evaluation of your potential rigger.

Ask around, check references, speak to people at your locals clubs and munches. Try to get a good picture of their reputation and what kind of a player they are.

Do they have any references?

It is good practice to check references if you are being tied by a rigger for the first time. Ask around to see if you can obtain any references from people the rigger has tied before.

Always get more than one reference, including (if possible) a reference from someone you consider to be an experienced rope bottom or top. If you know of anyone who would not tie with that rigger ask to find out why. There could be a myriad of reasons.

Do not allow anyone to tell you that you are doing the wrong thing by seeking references. It is for your own safety and it's your responsibility to do the leg work.

Does the rigger know common vulnerable areas when placing rope and sites of common injury?

When asking this question, it is important for you to be familiar with the correct answer. Find out as much as you can about bondage and anatomy.

At this point, it can be good to discuss any personal vulnerable areas you are aware of. If you do not know your vulnerable areas or do not think you have any, it would be a good idea to make it clear to your rigger that you will communicate any problems with them as they arise.

Does the rigger have a suitable means to cut the rope in an emergency?

For instance EMT Shears or rescue hooks etc. This can be a controversial topic as I know many great riggers who feel untying someone in a controlled and measured way is better than putting a knife or shears to them if they are already in trouble and possibly panicking. For your own peace of mind it can be useful to have a pair of EMT shears handy, this way you can give them to your rigger and know they have a reliable means to cut the rope in an emergency that might require them.

These types of emergencies are extremely rare for skilled riggers but can be useful for those learning to tie. It is good practise for a rigger to keep EMT shears for emergencies that require them. Do not use your EMT shears for any other purpose as this may blunt them.

How do they play?

If possible watch your potential rigger play to see how they interact and ask yourself if you would enjoy a similar interaction.

You could offer to bottom for them in a class, workshop or lab time (practise time), as a way to warm up to see if you would be a good match for a more intimate or intense scene.

Anatomy

By having a basic understanding of human anatomy and good knowledge of common vulnerabilities, you will ultimately make your bondage experience safer and more enjoyable.

If nerves are injured you can lose sensation and movement in part of your body. Clearly, it is important to make every effort to avoid nerve damage. Unfortunately, this is not always possible and nerve injuries are one of the most common injuries with rope bondage, especially with suspension.

Nerve and Circulation Concerns

Tingles or 'pins and needles' in your hands or any body part is your body warning you something is wrong. The two most common causes of a prickly tingle feeling are loss of circulation and nerve injury.

There are a few symptoms which can tell us what the problem is, these symptoms may not be present every time.

Nerve injury is distinct because in most cases only part of the hand will be numb or present with a prickly 'pins and needles' feeling. A characteristic of nerve problems is that this feeling will present in only part of the hand.

There are some measures to check for nerve problems while you are bound or suspended;

- Your rigger can ask you to squeeze their hand; this demonstrates the strength in your hand.
- Your rigger can place their hand on the back of yours and ask you to push back against them. This is important because with nerve problems you might have no problems squeezing and still have a nerve problem, this test will help determine if a nerve problem has occurred.
- Your rigger can gently run their nails along the back of your hand to test for dull/loss of sensation.
- You can check your mobility and sensitivity yourself by touching your fingers sequentially, squeezing and moving your hands back to push against your body or rope if possible.

If you have any of these symptoms for longer than 2 hours, **go to a doctor or A&E**. Social Media is not a medical professional, go and get the right help, approaching social media for help can cause high levels of anxiety.

Circulation problems in rope bondage are caused by preventing blood flowing to/from a limb or body part. This is not as urgent as nerve problems but it is still a

Radial
Ulnar
Median
Musculocutaneous



Back

Palm

warning and should not be ignored. The more practice you have in rope the more body aware the better able you will be to judge how urgent it is for you.

Loss of circulation can be identified by skin colour changing, for example skin turning blue or purple. This colour change is very personal, some bottoms' skin will change colour very quickly but they will remain comfortable in the rope, whilst others will need to be untied. Communication at this point is vital and if this is something you are aware of it is a good idea to let your rigger know before they tie you.

Another common symptom of a circulation problem is your entire hand, arm, leg or bound body part may go numb or tingle.

Relieving circulation problems can be helped by the following:

- Having your rigger running their fingers under the wraps of rope to adjust the rope.
- If your arms are tied in a parallel box position, swapping the position of your forearms.
- Flexing your muscles will help to circulate your blood; clenching and unclenching your hands can help alleviate tingling.
- When untied the symptoms should disappear almost immediately.

Circulation problems do not mean the nerves are suffering. The main concern with circulation problems is the symptoms can mask symptoms of nerve problems. If your whole hand is numb and tingling from loss of circulation, you have no way to know if part of your hand is tingling from nerve injury.

If you are at all unsure about any symptoms and if you have tingles in any body part whilst in bondage, it is time to be untied. You can always be tied up again later.

Nerve injury often happens instantly. This makes it particularly dangerous because by the time you notice a problem the damage is done and recovery is needed. In contrast, if there is loss of circulation you get symptoms long before there is any danger.

This is why it is important to communicate to your rigger when something does not feel right. If they act immediately it can reduce or eliminate potential damage.

Nerve damage can be cumulative and build up over time with repeated episodes of risky bondage. If you have had nerve injury, it is recommended not to have rope on any injured area for 6 months to allow full recovery and prevent cumulative nerve injury.

Chest Harness

There are many variations of the classic chest harness and they come with many different names. Some people can be particular about these names and others are not. I will explain which tie I am referring to and illustrate with images of that tie for clarity

Typically a chest harness is rope tied around the chest. Ties may or may not incorporate the arms. A chest harness that incorporates the arms is commonly referred to as a box tie, a Gote or Takatekote (TK) All have variations to them that make them unique. They come with different aesthetics, functions and degree of risk. You will find the one you like for your body and you may even like more than one or all for different reasons. Remember none are superior or 'the one' but you may find 'your one'.

A chest harness with hands free can put the cluster of nerves in the armpit (brachial plexus) at risk; this includes the Radial, Median, Ulnar and Axillary nerves. It is best to avoid rope, kanuki (cinches) and rope joins digging into the armpit for this reason. It is common to see no upper kanuki on a box tie; this is often for aesthetic reasons but also to avoid pressure in this area.

Box Ties

There are reasons for each variation. Each variation is built a certain way, has different functions and presents different risks. As a general guide it is best to avoid a knot that will tighten around the wrists with any tie as it will increase the risk of circulation and nerve problems.

Box ties are often criticised for causing radial nerve damage. The radial nerve provides sensation and muscle control for parts of the arm. If it is damaged you may lose the movement or sensation in parts of the arm. Wrap placement on your arms and forearms plays an important role., Getting the correct wrap placement may take time. It is generally recommended to avoid the lower half of the upper arm towards the elbow, this is a highly vulnerable area with a lot of easily damaged nerves near the surface.

It can be difficult to determine the exact point where the radial nerve is vulnerable. The rope should be placed with caution and sympathy to the particular physiology of the bottom. It is up to you to give feedback to your rigger and be aware of how your body is reacting to the rope in this area. You may not notice anything until you are suspended or pressure is applied to that area. Remember, symptoms of radial nerve problems further up the arm often present in the hands.

If the wraps of a box tie do not feel right, or you feel nerve problems immediately, adjusting the wraps slightly can make a huge difference. Feedback and communication is important when finding the right rope placement for you.



Parallel Box Tie

In a 'parallel box tie' the wrists and forearm as well as the upper arm are vulnerable areas, particularly the forearm and inside of the valley between the hand and wrist bone due to nerves being close to the surface.

As you gain more experience, you will discover your preferred hand and arm positioning. There is nothing wrong with having a preference.

The harness starts with a loop around both arms. Depending on flexibility this loop may go around your wrists or forearms. The forearm area is quite vulnerable due to radial nerve running along the back of the forearm. If pressure is put on the box tie causing pressure on the lower part of the loop, it can impinge the radial nerve.

People generally think it is only the upper arm wraps of the box tie that cause radial nerve damage but often it is the wraps close to the wrists that cause injury.

If you have tingles in your hands ask your rigger to run their finger under the lower wrap of the loop and see if that makes any difference. This can give you more time in a tie, or make you more comfortable while your rigger unties you.

If you are inexperienced I would recommend you have your wrists facing each other to protect the vulnerable area on the inside of the wrist. If the wrists are facing each other the rope will be tied around the outside of the wrists to protect the vulnerable area inside the wrist. Don't be afraid to move your arms to find the best position for you. If you are going to do this, do so with caution and awareness. It is important to communicate with your rigger if you run into problems or are unsure.

Sometimes bottoms hook their thumb around their arm like in the image on the left, you will find the position that is comfortable for you. It is good to be aware that the position with the thumb hooked can cause problems. Sometimes in suspension it can be difficult to move your hand out of this position as your arms can become locked. It can then be difficult to swap your arms if you become uncomfortable.

There have been reports that this position can cause nerve problems. If you are concerned I would recommend keeping your hand free from being locked in this position by imitating the image on the right.



The benefits of the box tie include:

- Low risk compared to other ties
- Comfortable in many positions
- Great for transitions and you can swap your hands around whilst tied.
- Ideally you should have space between the rope and your wrists for movement, so that you can 'swap' your hands over if necessary, for example if you feel 'pins and needles' in your hands.

Gote or High Hands TK

The Gote comes with all the usual risks of a box tie but also requires the bottom to have flexible arms to be able to have their hands put into the correct position.

The tie is commonly tied tight around the wrists and without kanuki (the loops that go around the top wraps and under the arms), so make sure you are confident in your riggers skill.

When any upward pressure is applied to a Gote, the bottom's hands will be pulled higher up the back. A Gote can be stressful depending on how flexible your arms and shoulders are. With the additional rotation due to the position of the arms you may find you have different wrap placement on your arms.

This tie can elicit a more vulnerable feeling due to the position of the arms, arch of the back and increased restriction of the hands.

You will not be able to swap your hands over in this tie if you have any circulation problems, although you may find this tie more comfortable in positions where the torso is vertical.



Low Hands Gote

This tie can be good if you prefer your hands to be positioned lower behind your back. It can be useful if you have difficulties putting your hands in a box position behind your back or do not have the flexibility for a Gote or High Hands TK. It is lower risk than other harnesses, again you may find you have different wrap placement preferences in this tie.

Extra loops can be added as shown in this image which is great for those who like more rope around them.

Due to the nature of this position it can be easy to 'scissor' the hands and cause excess pressure. Raising your hands slightly to take the pressure off the wrists should help this.

Hip and Waist Harnesses

There are as many different hip harness variations as your imagination can create, similar to chest harnesses they will each have different functions and aesthetic. You might have a preference for a particular one or you might like several.

Generally those with more rope will be less stressful as there is more rope supporting your weight. Some will have wraps only around the hips and others will have a double layer if wraps are around the hips and also around the waist. There are harnesses that only go around one leg and freestyle variations that can take any form.

A waist harness will commonly consist of a couple of loops around the waist, tied with an un-collapsible knot. A waist harness can be intense, especially if they are a single point suspension as your entire body-weight will be taken on only a few strands of rope.



Futumomo

There are a few ties, generally stressful ones, that require a good level of skill from the rigger and ability to process pain well from the bottom. Futumomo Tsuru (suspension) is sometimes regarded as one of these ties. As this tie is so popular I have decided to write a few points about it.

There are several factors to consider with this tie, if you try it and it doesn't work out remember this tie is supposed to hurt and the skills of your rigger will play a very significant part in being able to withstand this tie or even enjoy it. Not being able to enjoy it or even hang in it does NOT in any way make you a bad bottom.

It can be helpful to have the tie cinched between the thigh and ankle because if there is any slippage the rope will not come off entirely. You will see many variations of this tie. The more rope used, the more comfortable it will be. Uneven ropes bunched together are very likely to cause pain and possibly injury. Rope joins on the shin will also cause unnecessary discomfort.

Rope placement preference is unique to each rope bottom. Some like it high near the top of the thigh and others prefer it towards the knee. You will see variations with a waist or hip rope attached which can take some of the pressure off the Futumomo. Try different placements to find your preference. You may be one of the lucky few who have no preference regarding wrap placement.

Single Column Ties

Single or double column ties, which are similar but bind two limbs or a limb to something else, are useful but it is important to be aware of some key points. Avoid using a knot that will tighten down on the body part, which could cause circulation and nerve problems. Try to avoid the vulnerable area in the valley between the hand and wrist bone which has exposed veins and nerves. Rope should ideally be placed like the image on the left not the image on the right.



Strappado

There are many different ways to tie a strappado. The name 'strappado' refers to the position of the arms rather than the tie. Arms are positioned down along the back, hands together and elbows can be touching but don't have to be. It is very common to lose circulation in this tie which is often a result of rope placement around the elbows combined with how tightly it is tied. A strappado does not have to be tight. Below are two examples of strappado but both are very different.



Recommendation for photoshoots

If you are a model, working with a photographer for a bondage shoot, it can be a good idea to ensure that a competent rigger is present by either hiring one yourself or asking the photographer to do so.

A competent rigger should ensure that rope bondage is safe, secure and beautiful to the model and photographer's requirements, allowing the photographer to concentrate on producing the desired images.

Communication

I cannot emphasise strongly enough that communication is key to each and every bondage experience, before, during and after a scene or session. Verbal and non-verbal communication is necessary.

Before

It is important to inform your rigger of health problems before rope bondage, including:

- Conditions you may have eg. breathing, pacemaker, heart, circulation and nerve damage problems.
- Mobility problems.
- Psychological or emotional problems that are significant to your rope experience.
- Anything else that may impact your bondage experience or increase the risk.
- The list goes on. If you are in doubt about anything you should mention it.

During

It is important to communicate during bondage. You might like to communicate the following information:

- How the bondage feels. Is it pinching? Does it feel stressful? Are you enjoying it? This can be spoken or some kind of acknowledgement, a pleasurable moan, heavy breathing, a scream, and pleading-I-want-to-kill-you-when-you-untie-me eyes are a few examples.
- If you feel a pinch from the rope let your rigger know. A small adjustment can transform a tie.
- Let your rigger know if you have any feeling of tingly fingers whilst in bondage which will give your rigger time to react to the problem. The sooner you make them aware of any problems the better the outcome will be.

After

It can be helpful to give feedback afterwards such as:

- Reflecting on your experience, how you felt emotionally and physically, can not only help you grow as a bottom but you will also aid your rigger improve their own skill and awareness.
- If anything was different to your expectations or of anything went wrong, it is really important for both of you to discuss it.

Self awareness

Self awareness can be cultivated through an extended period of self examination, when you take the time to process and reflect upon your experience you may begin to notice trends emerging relating to your bodies responses to stress and your emotional reactions.

One very useful technique is to keep a rope journal to record your experiences and feelings in a similar way to athletes keeping training journals. This can really help you to build up an accurate image over time.

Stress

Rope bondage will cause a varying degree of stress on the body.

Stress occurs in most full and partial suspensions and even during some floor bondage.

It is helpful to make sure that you are as fit and healthy as possible to help you to withstand physical stress caused by rope play.

A physically fit person will be able to withstand bondage for longer than an unfit person. They will recover from any bruising quicker and will find that their breathing is not as badly restricted. In the event of nerve injury, the fitter you are the quicker you will heal.

Bondage can be emotionally stressful as well as physically stressful so it is important to ensure that you are mentally prepared for bondage.

Before you consent to be tied ask yourself if you are in the right state of mind to be placed in bondage.

Most people find it helpful to be calm and relaxed but alert and present in the moment for rope bondage.

Bondage, other than that which is specifically designed to be painful, should not cause pain unless that is the rigger's intention. You should not have to suffer through bad rigging.

If you are hurting and your rigger did not intend or is not aware then the scene is not controlled and can cause pain to the rope bottom due to inexperience or lack of skill on the part of the rigger.

Stretching

Increased flexibility cannot be achieved instantly but must be regularly worked on and maintained. If you want to increase your flexibility I recommend attending a class led by a reputable teacher.

Bondage, just like any physical activity, should have a warm up to avoid injury. It is good practise to move around and stretch gently before bondage to warm your muscles.

Slow, measured movement while in bondage and flexing your muscles will help circulate the blood around your body. This kind of movement or slow stretching will reduce tingling and help to prevent muscle ache.

If your fingers begin to feel tingly tell your rigger immediately. Clenching and un-clenching your fist can help with tingly fingers.

Working on your core strength will be beneficial for rope bondage. It will help with breathing and enable you to withstand a variety of stressful positions, particularly when suspended.

I would recommend stretching your arms, shoulders, back and legs, plus any other stretches you feel would be beneficial.

Assisted stretching

You can do assisted arm stretches with your rigger which over time will increase your flexibility for box ties. These can be a good way to set the scene and get in the right mood before rope.

Stand or sit in front of your rigger with your arms parallel behind your back in the box tie position and have them very gently squeeze your elbows towards each other.

Let them know when you are at your limit and hold it for 10-20 seconds, be aware of your breathing and when you feel ready have them squeeze a bit further, then relax and try a couple more times.

The benefit of assisted stretching is you can move further assisted than you could by yourself. It can be useful to stretch further than the final position of the tie as then when you are tied it will be less stressful on your body.

Be patient with yourself. Increasing flexibility takes time.

This is a useful technique, which you can use for the parallel box tie, high hands TK and strappado as illustrated.

Temperature

If you are cold you will not be able to withstand bondage for as long as you would if you were warm because the fluid in your joints will be thicker and your muscles will be colder and less flexible as a result.

Try to ensure the room is warm enough, particularly if you will be naked.

If you are being tied up outdoors or in a cold space, wear something warm between ties, keep your feet warm and drink plenty of warm fluids. If it's possible to have a heater obviously do that too.

Have a blanket nearby as even when it is warm after an intense bondage scene it is common to feel cold. It is best to avoid extreme temperatures of hot or cold if possible.



Nutrition

Do not skip any meals before bondage. It can be good to avoid large heavy meals. You will get to know what your body wants before and after bondage. Have snacks and a sugary drink to hand for between ties or for after your scene. Being in bondage might appear static but just being in rope uses a lot of energy and can be physically, mentally and emotionally stressful. Dynamic transitions can cause even more exertion. Make sure you drink plenty of water and use the bathroom prior to a scene.

Negotiation

Negotiating should always be done before a scene. The more often you negotiate the better you will become at communicating your needs. Your negotiation may change day to day and from person to person. You have the right to decide what you are happy to do during each rope scene in conversation with your rigger.

You can negotiate everything, from lab time (practise time), workshops, play at home, play at clubs, performances; remember anything and everything can be negotiated. Negotiation does not have to suck the fun out of playing, it sets some expectation and ground rules for the fun time you are about to have. Negotiation can be enjoyable and help to build anticipation and rapport.

Negotiation is two way, and is about the rigger just as much as it is about the bottom. Any rigger that puts pressure on you to do something you have said you are not comfortable with is not to be trusted. It may be best not to allow such a person to tie you.

There is no certain way to keep yourself safe when playing with someone for the first time. No amount of references, safety calls, letting people know where you are or checking up on them online will keep you safe, it should begin to give you an idea for the kind of person they are but it is not a guarantee.

You have to use your own judgement and listen to your instinct. I would not recommend hooking up with someone and going to their place to be tied unless you know them well enough to be confident that you trust them. It may seem obvious but sometimes people have been persuaded to be tied by riggers they have just met and may not fully trust which can result in regrets or worse..

Negotiation can cover anything you want to discuss before rope, including if you want aftercare or if you need anything afterwards.

Other useful topics to negotiate include:

- Where you will play.
- When and who will be involved?
- Will sex be involved, what do you define as sex? Try to be clear regarding intimate topics, for example, where it's OK to touch and if penetration is OK. Try to avoid ambiguous answers. Be direct.
- What activities other than rope might you include?
- Are you OK with being marked, if so how much?
- Do you use a safeword? Don't forget to be clear on safewords for example, is the safeword 'Red' or do you have another safeword that you prefer?

Again this is not an exhaustive list, anything you feel is important to your time playing, your welfare or having fun should be discussed.

You might be half way through your scene and discover you have a limit you forgot to mention. There is nothing wrong with just explaining you forgot to mention this limit.

Note to riggers: Don't sigh in disapproval or irritation at this point, don't be a dick, don't have a potentially great scene turn bad because things have taken a different turn.

See it as the great learning curve it might be, embrace it and do something else. For more experienced riggers, this really should not bother you in the slightest.

Coming Undone

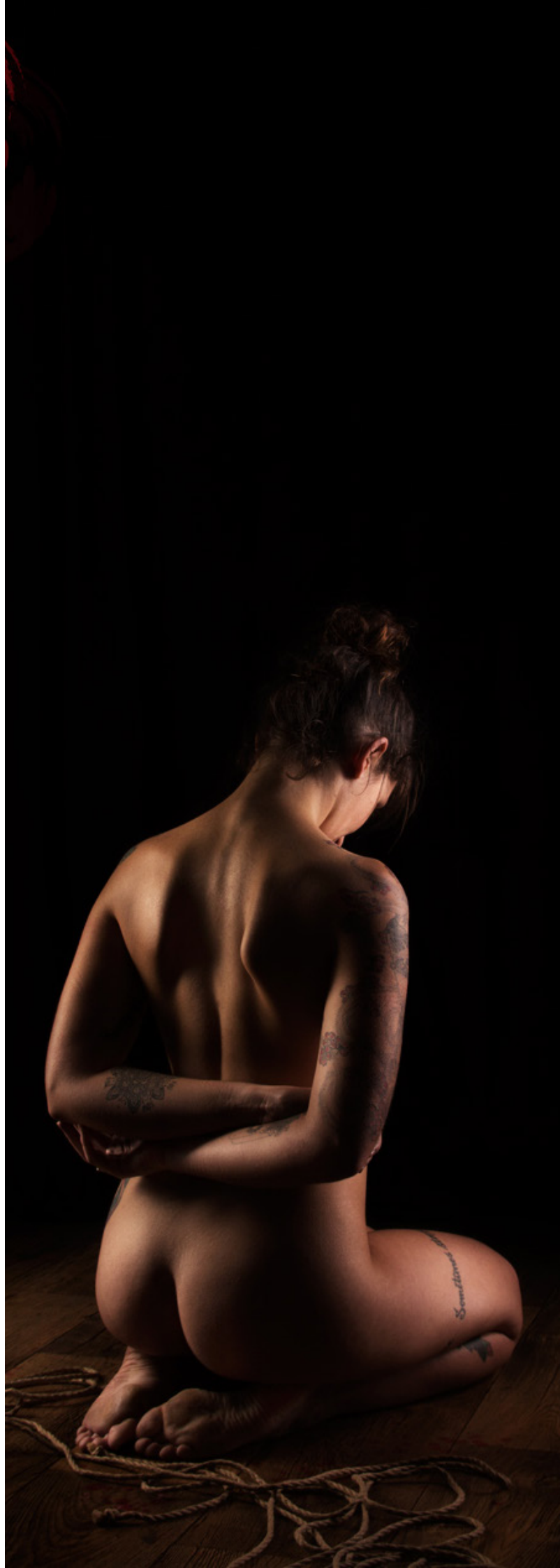
When you are being untied, it can be tempting to slouch and cross your forearms into a 'scissor' position or even try to wiggle free. This can be a natural reaction to the end of a rope bondage experience.

There are some problems caused by this action. First, it can make it difficult for your rigger to untie you and second, by 'scissoring' your hands, you put yourself at risk of nerve damage or loss of circulation as the rope will tighten around your forearms and wrists.

As with any exercise, stretching afterwards is very effective, aids recovery and prevents injury.

Gentle stretching and slow movement after bondage is recommended, sudden movements can be damaging and risky to your muscles and joints.

I hope this guide has given you useful information to enable you take part in fun rope bondage in a risk aware way.





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Cover Illustration: Singing Tree

<http://kinkyclover.com/resources/rope-bottom-guide/>