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Box Tie Wrap Placement Survey

VERY IMPORTANT: Please fill out this survey with ONE SPECIFIC PERSON in mind. Do ******NOT****** fill it out for "my general experience" or "many bottoms I've talked to" or "what I was taught", etc., which will invalidate the data and ruin things for everybody. We know you may have many relevant experiences. Pick the ONE person you know the most about, and be specific about that one person (ideally yourself).

Optional info (skip if not interested): The point of this survey is not to pick a "winner", or try to develop a rule of thumb that can be applied to everybody. The goal is to develop a better understanding of different wrap placement strategies and the range of variation in individual anatomy. Once complete, all data will be made publicly available, along with an analysis, and likely some open-source code used to perform the analysis.

* Required

I am *

- ☐ filling this out for myself (as a bottom)
- ☐ filling this out for one specific bottom I tie frequently
- ☐ Other:

Approximate number of takate-kote/box-tie suspension experiences that these answers are based upon

If you are a top filling it out for a specific bottom, this is how many times you have put THAT BOTTOM in a box-tie suspension

- ☐ < 5
- ☐ 5-10
- ☐ 10-25
- ☐ 25-50
- ☐ 50-200
- ☐ > 200

Do your wrap placement preferences vary depending on what position you will be suspended in?

If "Yes", for subsequent questions assume a face-down suspension.

- ☐ Yes
- ☐ No
- ☐ I'm not sure

Even when wraps were placed ideally, I have experienced the following problems: *

You don't need to repeat these on the more specific problem-area questions below, if they are not wrap-position-related.

- ☐ Nonspecific tingling (loss of circulation or unclear cause)
- ☐ Localized tingling in the back of the hand and forearm (apparent radial nerve compression)
- ☐ Localized tingling on the pinky side of the hand (apparent ulnar nerve compression)
- ☐ Wrist drop (difficulty extending the hand or fingers)
- ☐ Impaired movement of the thumb
- ☐ Petechia (speckled bruising, usually between or below the wraps)
- ☐ Unusual discomfort at the site of the wraps
- ☐ None
- ☐ Other:

Preferred UPPER WRAP placement *

- ☐ Well up on the deltoid
- ☐ Just at the bottom of the deltoid
- ☐ In the gap between deltoid and tricep
- ☐ Below the gap between deltoid and tricep, but above the midpoint of the upper arm
- ☐ Around the midpoint of the upper arm

In your ideal upper wrap placement, where are the wraps in relation to the top of the armpit, i.e. the spot in the front where the arm joins your body?

- ☐ There is space between the top of the wraps and that point
- ☐ The top of the wraps is just about at that point
- ☐ The wraps cover that point
- ☐ The wraps are entirely above that point

If the UPPER wraps are placed TOO HIGH, problems I have had include: *

- ☐ Nonspecific tingling (loss of circulation or unclear cause)
- ☐ Localized tingling in the back of the hand and forearm (apparent radial nerve compression)
- ☐ Localized tingling on the pinky side of the hand (apparent ulnar nerve compression)
- ☐ Wrist drop (difficulty extending the hand or fingers)
- ☐ Impaired movement of the thumb
- ☐ Petechia (speckled bruising, usually between or below the wraps)

☐ Unusual discomfort at the site of the wraps

☐ None / No such thing / Never happened

☐ Other:

If the UPPER wraps are placed TOO LOW, problems I have had include: *

☐ Nonspecific tingling (loss of circulation or unclear cause)

☐ Localized tingling in the back of the hand and forearm (apparent radial nerve compression)

☐ Localized tingling on the pinky side of the hand (apparent ulnar nerve compression)

☐ Wrist drop (difficulty extending the hand or fingers)

☐ Impaired movement of the thumb

☐ Petechia (speckled bruising, usually between or below the wraps)

☐ Unusual discomfort at the site of the wraps

☐ None / No such thing / Never happened

☐ Other:

Preferred LOWER WRAP placement *

☐ On the bottom of the deltoid

☐ In the gap between deltoid and tricep

☐ Below the gap between deltoid and tricep, but above the midpoint of the upper arm

☐ Around the midpoint of the upper arm

☐ Just below the midpoint of the upper arm

☐ Well below the midpoint of the upper arm

If the LOWER wraps are placed TOO HIGH, problems I have had include: *

☐ Nonspecific tingling (loss of circulation or unclear cause)

☐ Localized tingling in the back of the hand and forearm (apparent radial nerve compression)

☐ Localized tingling on the pinky side of the hand (apparent ulnar nerve compression)

☐ Wrist drop (difficulty extending the hand or fingers)

☐ Impaired movement of the thumb

☐ Petechia (speckled bruising, usually between or below the wraps)

☐ Unusual discomfort at the site of the wraps

☐ None / No such thing / Never happened

☐ Other:

If the LOWER wraps are placed TOO LOW, problems I have had include: *

- ☐ Nonspecific tingling (loss of circulation or unclear cause)
- ☐ Localized tingling in the back of the hand and forearm (apparent radial nerve compression)
- ☐ Localized tingling on the pinky side of the hand (apparent ulnar nerve compression)
- ☐ Wrist drop (difficulty extending the hand or fingers)
- ☐ Impaired movement of the thumb
- ☐ Petechia (speckled bruising, usually between or below the wraps)
- ☐ Unusual discomfort at the site of the wraps
- ☐ None / No such thing / Never happened
- ☐ Other:

When both upper and lower wraps are placed ideally, how close together are they?

- ☐ Touching
- ☐ Almost touching
- ☐ 1-rope-width gap
- ☐ Doubled-rope-width gap
- ☐ 3 to 4 rope-width gap
- ☐ More space between wraps than the width of the wraps

Height

Enter as either 5' 9" or 170cm

With your arm held horizontally in front of you, elbow bent at 90 degrees, and shoulder pulled in towards the socket (extended neither back nor forward), what is the distance between the front of your armpit and the inside of your elbow?

Enter as 6.5" or 17cm -- it's fine to skip this if you don't have anything to measure with


If you would like to be contacted when results are released and for follow-up surveys, enter your E-mail address below. This is COMPLETELY OPTIONAL.

Your E-mail address will not be shared when the rest of the data is made public, or used for anything except survey followup. Anticipated followup includes more details on

injuries, and differences between suspension positions.

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