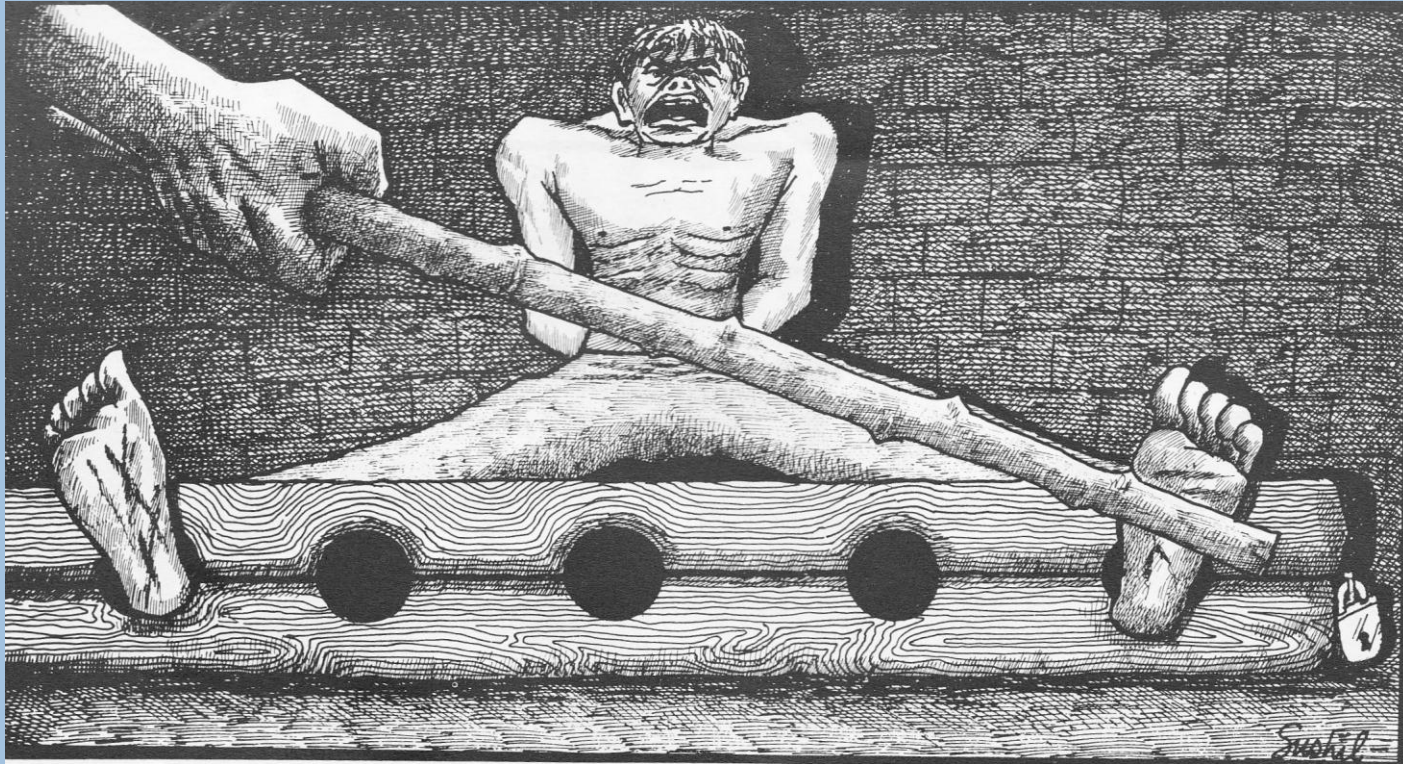


# Advanced module: Falanga

# Example: Falanga

- „Falanga“ (also called „Bastonada“ or by other names) is a torture technique common in a number of countries, especially the Near East, Africa and Asia.
- In Falanga, the soles of the feet are beaten, usually with sticks, though whips, rubber hoses or other instruments are used in some countries.

# Example: Falanga



# Example: Falanga

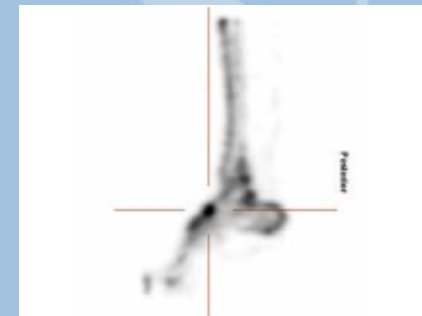
- Several factors lead to damage, possibly including pressure building up in the foot tissue during swelling damaging structures (compartment syndrome)<sup>1</sup>.
- In many countries, victims are forced to walk on the injured feet, or even on broken glass or nails, causing additional damage and pain.
- **Immediate effect and diagnosis:**

The immediate effect is severe pain and swelling of the foot, and discolouration. The diagnosis can be based on the characteristic clinical presentation, structural damage can in addition be assessed by Ultrasound (sonography) , MRI and X-ray. Neurological examination can identify damage to nerves. Depending on the instruments used, the skin can also break, and infection of injuries can result.

# Example: Falanga

## Long term impact and diagnosis:

- Chronic pain especially in the feet and lower legs. Frequently patients also suffer from lower back pain (include in assessment).
- Diagnostical considerations: X-ray, MRI and Bone scintigraphy can (but must not) show long term effects, *ultrasound* imaging (sonography) can demonstrate tissue damage, neurological examination (loss of sensation or more rarely function). Observe gait for compensatory gait patterns.



# C. The physical examination

## Skin

- “Falanga” may leave contusions in the arch of the feet and swelling of the feet extending from the arch to the medial aspects of the feet and ankles <sup>1</sup>.
- Additional injuries such as scars can result if victims are forced to walk on stones or glass sherds after falanga.

# Example: Falanga

## Further considerations:

- Quantitative sensory testing (QST) can be performed, if available.
- Treatment can be difficult, impairment and suffering are most commonly long term and severe, which should be considered for recompensation and treatment cost calculation.