

Physical Torture Techniques

1. Conditions of Detention

- Isolation
- Contained in cage
- Deprivation of food and water
- Deprivation of sanitary conditions (no toilets)
- Crowded cells with extreme temperatures and no ventilation

Consideration of diseases related to conditions of detention

- infectious diseases (tuberculosis, parasitosis, scabies)
- dermatitis
- malnutrition

2. Methods of Physical Torture

A. Beatings

- Fists, kicks, canes, sticks, rifle butts
- Head Trauma
- Falanga (beating to soles of feet)
 - Blunt trauma to soles of feet with batons, canes

B. Burns

- “necklacing” –placement of a gasoline filled tire around the neck and lighting it on fire
- cigarette
- hot liquids
- acid
- heated plastic
- lighters
- heated metal

C. Shaking

D. Dental trauma

E. Suspension (suspended from arms or legs)

F. Administration of electric shocks

G. Cutting wounds with knife, bayonet, or other sharp instrument

H. Insertion of pins under nails

I. Simulated Drowning, ie “waterboarding, “submarino” (head placed in water which may be contaminated with substances such as feces)

J. Stress Positions- forced unnatural positions for prolonged periods of time

K. Sensory Deprivation

- Prolonged isolation
- Blindfolded
- Earmuffs

L. Sensory Stimulation

- Temperature extremes (cold or hot)
- Continuous loud noises
- Continuous lights
- Sleep deprivation

M. Sexual Trauma

- Female
 - Rape
 - Rape with instruments
 - Female genital cutting (FGC)
 - Mental assaults (forced nakedness, threats, humiliation)

- Male
 - Rape
 - Sodomy with instruments
 - Direct genital trauma (blunt trauma, use of instruments such as pliers, weights applied to scrotum)

 - Mental assaults (forced nakedness, threats, humiliation)

N. Forced to drink urine, human blood, or eat human flesh