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#015:Matthew Schwager: Joint Work (2014)

Select a joint in your body.
Using one finger and a thumb, squeeze it, hard.
Squeeze until it hurts your joint
or your fingers too much to continue.

Ask a passerby to squeeze your joint, hard, so you may rest.

If they agree, allow them to do so until they tire.
If they refuse, end the piece.

When you performed this work, please don't forget to send a response (text, photo or video, whatever you choose) to done@theconceptbank.org. We will archive it (anonymously) and we will also forward it to the artist. Thanks and we hope you will visit us again.

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