When I was suspended to the ceiling there were 20 or more elements at play but before I get into that let me stop. When you read the list of EIT (there are more stuff which were never mentioned in the list) for example you would find Prolonged standing or even suspension and it misleads to think that the US Gov agents were using one torture method at a time. Now back to suspension, I was not just being suspended to the ceiling, I was naked, starved, dehydrated, cold, hooded, verbally threatened, in pain from the beating and waterdrowning as my Head smashed by hitting against the wall for dozen and dozen of times, my ears were exploding from the blasting harsh music (which is still stick in my head I sleep deprived for weeks), I was shaking and trembling my legs barely supported my weight as my Hands were pulled even higher above my head after I complained that the handcuffs were so tight as if cutting through my wrist, then my legs start to swell as a result of long suspension, I start screaming and the Doctor came with a take measure, wrapped it around my leg and to my utmost shock the Doctor told the interrogator NO that wasn't enough and my leg should get more swollen!!