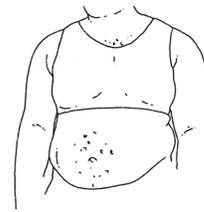


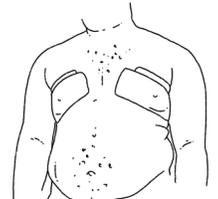
HEALTHY CHEST BINDING

Facts & Tips for Massage Therapists & Bodyworkers

Safe Binding Methods

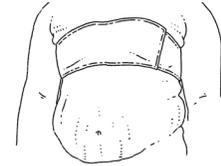


Tank Binder



Kinetic Tape

Unsafe Binding Method



Wrap Binder

✓
Chest binding is a **healthy practice** for most gender-expansive patients.

✓
Chest binding is **life-saving** for people battling gender dysphoria
(distress related to the incongruence between a person's gender identity and the sex they were assigned at birth)

✓ A chest binder is a **tank-style garment** or **kinetic tape** worn on the chest to compress tissue.

✗ A binder is **not** a corset or tape/bandage wrapped around the ribcage.

✗ A binder is **not** a fashion accessory.

For more resources about binding visit www.healthybinding.com or read *Healthy Chest Binding for Trans and Nonbinary People: A Practical Guide*

Impact of Binding	Ways to Support
<p>Breathing</p> <ul style="list-style-type: none"> • Reduced lung capacity from rib constriction • Over-reliance on secondary muscles of respiration/chest breathing 	<ul style="list-style-type: none"> • Teach/encourage diaphragmatic breathing • Release myofascial tension and treat trigger points in intercostal muscles, pec minor, levator scapula, SCM, serratus anterior, and subclavius
<p>Privacy & Stigma:</p> <ul style="list-style-type: none"> • Disclosing binding is a vulnerable thing for many people • Dysphoria makes physical exposure difficult for many people • Distrust of practitioners is high because people are advised to <i>just stop binding</i> 	<ul style="list-style-type: none"> • Avoid judgemental and prohibitive language about binding • Ask permission to discuss binding with a client • Before session discuss comfort with removing binder • Explain session plan and draping before leaving the room • A loose tank top can be worn during session
<p>Range of Motion Restrictions: External shoulder rotation, thoracic rib expansion, extension and rotation</p>	<p>Release myofascial tension in paraspinals, rectus abdominus, obliques, serratus anterior, rotator cuff</p>
<p>Musculoskeletal Restrictions:</p> <ul style="list-style-type: none"> • Myofascial restriction, trigger points, and hypertonic muscle tension develop in response to compression, posture, and restricted movement 	<p>Address the following:</p> <ul style="list-style-type: none"> • Chest: Pecs, Serratus Anterior, Intercostals, Diaphragm, Rectus Abdominus • Shoulder/Back: Traps, Levator Scapula, Lats, Rotator Cuff muscles, Delts • Neck: Sub-occipitals, Scalenes, SCM, Subclavius
<p>Blockages:</p> <ul style="list-style-type: none"> • Lymph flow can become sluggish • Energy centers can be disrupted 	<p>Use MLD and energy healing techniques to address the upper body</p>