

HEALTHY CHEST BINDING

Facts & Tips for Medical Providers



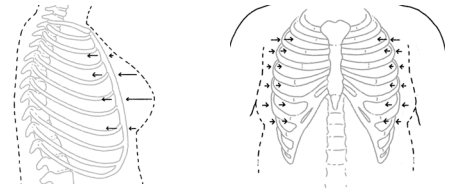
Chest binding is a **healthy practice** for most gender-expansive patients.



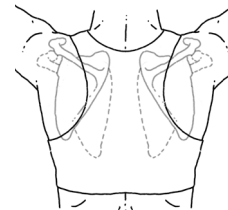
Chest binding is **life-saving** for people battling gender dysphoria.

4 out of 5 people who bind believe that it is important to discuss chest binding with their health care provider but **only 15% actually do so** because they feel unsafe discussing it with them.

Jarrett, et al.; *Transgender Health* 2018, 3.1



Compression of the Ribcage



Scapular Immobilization



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.

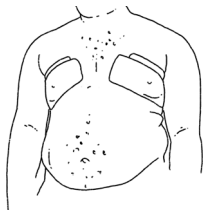


A binder is **not** a fashion accessory.

Safe Binding Methods

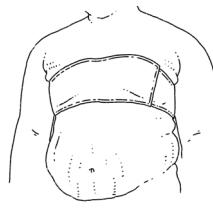


Tank Binder



Kinetic Tape

Unsafe Binding Method



Wrap Binder

Chronic Conditions

Sometimes Impacted by Binding

- Asthma/COPD
- Acne/skin conditions
- Arthritis
- Hypermobility Joint Disorder
- GERD/IBS/IBD
- Migraines
- TMJD

Harm Reduction Approach

- ✗ Avoid **judgemental language** about the practice of binding
- ✗ Avoid **blanket prohibitions** on binding
- ✓ Educate about how binding **impacts their chronic conditions**
- ✓ Strategize **behavior modifications** to support the ability to bind
- ✓ Modify **existing treatment plans** to provide support (e.g. adding a rescue inhaler, Rx for physical therapy)

Safe Binding Recommendations

- ✗ Avoid **sleeping** in a tank binder (kinetic tape is ok)
- ✓ **Take 1 full-day break** per week
- ✓ Follow recommendations for **correct sizing/tape application**
- ✓ Wear larger size tank binder or use tape for **strenuous activities**

Common

Complications

- Rib bruising, misalignment
- Costochondritis

Rare But Serious

Complications

- Thoracic Outlet Syndrome
- Rib dislocation
- Cellulitis

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

Best practices & current research: healthybinding.com/research