

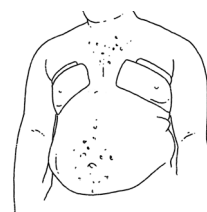
# HEALTHY CHEST BINDING

Facts & Tips for Personal Trainers and Coaches

## Safe Binding Methods

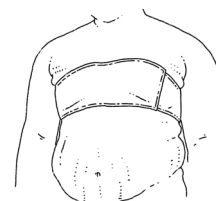


Tank Binder



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](http://www.healthybinding.com) or read *Healthy Chest Binding for Trans and Nonbinary People: A Practical Guide*

Impact of Binding	Ways to Support
<b>Breathing:</b> upper chest breathing habits can cause shortness of breath in cardio activities	<ul style="list-style-type: none"> <li>• Teach/encourage <b>diaphragmatic breathing</b></li> <li>• Support the person taking a break to catch their breath</li> <li>• Encourage wearing a <b>less restrictive binder while doing athletic activity</b></li> </ul>
<b>Overheating:</b> the thick fabric next to the skin increases the risk of overheating, dehydration, heat exhaustion and heat stroke	<ul style="list-style-type: none"> <li>• Exercise extra <b>caution when activities are outdoors</b> in hot temperature</li> <li>• Provide a <b>private place to remove their binder</b> if they are unable to cool down</li> <li>• Know the signs and symptoms of <b>overheating, dehydration, heat exhaustion and heat stroke</b></li> </ul>
<b>Need for Privacy:</b> binding is a vulnerable thing for many people and being "outed" can be distressing or dangerous for a person	<ul style="list-style-type: none"> <li>• Provide a private place to remove their binder to catch their breath, take a break from the heat, or remove their binder, if needed</li> <li>• Advocate and <b>protect privacy in a health emergency</b></li> </ul>
<b>Restricted Muscles:</b> Pecs, Serratus Anterior, Rotator Cuff, Ribcage muscles, Abs, Traps, Lats, Rhomboids <b>Restricted Joints:</b> shoulder ROM, rib/sternum and rib/spine	<ul style="list-style-type: none"> <li>• Encourage <b>stretching and mobility</b> in pecs, rotator cuff, thoracic extension, scapula, biceps, delts</li> <li>• <b>Build strength</b> in rhomboids, lats, rotator cuff muscles</li> <li>• Instruct in best practices for <b>deep breathing</b></li> <li>• Encourage a <b>less restrictive binding option</b> while doing <b>heavy cardio and weight training</b> (larger size, kinetic tape)</li> </ul>