

## Gender Identity affirmation & Physiotherapy Interventions

Physiotherapy maximises function and activity, improves posture and breathing, helps to reaffirm body awareness plus promotes self-management for symptoms.

Physiotherapy can help improve breathing, manage the wearing of binders, advise on tucking and self-care strategies, and teaching different ways to stand, sit and exercise. These can be integrated into daily life so apprehension and pain interferes less with life.

### What to expect

- Specific physiotherapy skills in assessment and screening techniques to identify mechanical and psychosocial factors that can contribute to symptoms you are feeling, that may be negatively impacting on your quality of life.
- The development of an evidence informed physiotherapy management program that follows best practice and is strongly evidence based and directed at modifying pain, improving function and reducing symptoms
- Physiotherapy intervention includes education on: basic postural change; use of breathing pattern to assist with panic/anxiety management; wearing garments and binding and how they relate to persistent symptoms instruction on suitable exercise strategies
- An evaluation of symptom changes and level of function once treatment goals are achieved and the person is confident in being able to self-manage on an ongoing basis

### Summary

Gender Identity affirming physiotherapy is a specific intervention which has a focus on empowering people to employ self-directed, activity-based exercise and strategies which is part of a person-centred team approach