

## Trans-gender and Non-binary service

### Information for referrers

#### What is the service?

- The TANBY service is a unique physiotherapy service co-designed to help trans-gender/nonbinary clients with MSK discomfort, pain or injury *related to gender affirmation and transition*.
- At Willis Street Physiotherapy / The Physio Spot we have a group of clinicians who have upskilled in transgender/non binary related health problems and are passionate about improving the health outcomes of the trans community.

#### What physiotherapy can do to help?

- Assessment and management of MSK discomfort, pain or injury related to transition and trans health.
- Advice around general MSK issues including those specific to the trans and non-binary community and how they can be mitigated or overcome
- Postural education
- Breathing retraining and stress / anxiety management
- Exercise therapy designed to assist in relation to the desired body shape and reduce body dysmorphia - exercise prescription, strengthening, stretching and mobilising
- Manual therapy can be included depending on individual clients preferences
- Pre and post surgical physiotherapy

#### What are the referral criteria to access the service?

- Any MSK discomfort , pain or injury related to transition or gender affirmation.  
For example: a transmale who is experiencing upper back muscular pain from binding

## Who is not suitable for the service?

- Any clients whose symptoms relate to a valid ACC injury claim (we are happy to register an ACC claim and see them as an ACC case, but this is outside of this programme)
- Clients who are medically unwell and so are unable to participate in an exercise program, or those who have severe mental health issues
  - \* Please feel free to contact us and request a physiotherapist to call and discuss with you in person if you are unsure.

## Funding

Willis Street Physiotherapy through its social enterprise The Physio Spot will fully fund 3 sessions of physiotherapy (with a GP referral). Subsequent appointments for students or CSC holders will be charged \$47 (50% reduction on our full fees) per session and patients who are not students or CSC holders will pay \$94 per subsequent session. Funding criteria may change in the future.

## How to refer?

Please fill out the referral form attached and send it to [info@willisstreetphysiotherapy.co.nz](mailto:info@willisstreetphysiotherapy.co.nz) (unsecure) or securely through Healthlink to **willissp**.

The form is available on the 3D pathway.

<https://www.google.com/url?q=https://3d.healthpathways.org.nz/referral/WillisStreetPhysiotherapyReferralForm.docx&sa=D&ust=1571203970512000&usg=AFQjCNENtaQAwa4WhLunh0mHLjrtD1mzQ>

We will respond to the referrer within 5 working days and aim to see the client within 10 working days.

If you have any further questions, please contact us on 04 384 8313 or [info@willisstreetphysiotherapy.co.nz](mailto:info@willisstreetphysiotherapy.co.nz)