

PHYSICAL THERAPY THAT'S MINDFUL & ACCEPTING OF

Transgender & Gender Diverse Patients



CONTACT

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DISCRIMINATION IN THE CLINIC IS REAL

Discrimination In Health Care And Poor Health Outcomes

-- *Jaime M. Grant, Ph.D., Lisa A. Mottet, J.D., Justin Tanis, D.Min.*
with Jack Harrison, Jody L. Herman, Ph.D., and Mara Keisling

19% were refused medical care due to their transgender or gender non-conforming status

28% of transgender respondents had postponed medical care because they feared disrespect and harassment

50% reported having to teach their medical providers about transgender care

The realities of the health care discrimination, combined with widespread provider ignorance of transgender health needs "deters [these individuals] from seeking and receiving quality health care"

WE ARE LGBTQIA+ FRIENDLY

ProTouch Physical Therapy, LLC

Our Advanced Pelvic Floor Therapist, Zarina Vitebsky, was trained by Hollis Herman (founder & instructor of Herman & Wallace and Transgender Advocate)

Staff and clinicians are provided with gender sensitivity training

All Therapy conducted in private rooms

All intake forms created & approved by LGBTQIA+ standards



STATISTICS ON PELVIC FLOOR DYSFUNCTION & TREATMENT FOR *Transgender & Gender Diverse Patients*

THE STATISTICS

The Gender Diverse Patient and Physical Therapy's Role

-- Laura Meihofers DPT, ATC, 2019

The Williams Institute estimated in 2016 that 0.6% of the U.S. population or roughly 1.4 million people identified as transgender (Flores, 2016). This was a 50% increase from a 2011 survey which estimated only 0.3% or 700,000 people identified as transgender (Gates, 2011).

In 2015 the National Center for Transgender Equality performed a groundbreaking survey of 27,215 respondents with the aim to "understand the lives and experiences of transgender people in the United States and the disparities that many transgender people face" ("About," n.d., para. 1)

{ 33% of individuals who saw a health care provider had at least one negative experience related to being transgender (National Center for Transgender Equality, 2015)

{ 23% of respondents did not see a doctor when they needed to because of fear of being mistreated as a transgender person (National Center for Transgender Equality, 2015)

THE RESEARCH

Implementation of a Pelvic Floor Physical Therapy Program for Transgender Women Undergoing Gender-Affirming Vaginoplasty

-- Jiang DD, Gallagher S, Burchill L, Berli J, Dugi D 3rd, 2019

RESULTS:

72 of 77 of patients (94%) attended Pelvic Floor Physical Therapy at least once.

Pre-operative:

42% of patients had pre-operative PFD (Pelvic Floor Dysfunction)

37% of patients had pre-operative BD (Bowel Disorder)

Post-operative:

69% immediately saw improvement in PFD (Pelvic Floor Dysfunction)

73% immediately saw improvement in BD (Bowel Disorder)

Successful dilation at 3 months in all patients was 89%

CONCLUSION:

"Pelvic floor physical therapists identify and help patients resolve pelvic floor-related problems before and after surgery. We provide strong support for pelvic floor PT for patients undergoing gender-affirming vaginoplasty."

Pre-operative

Evaluate, treat and educate patients to achieve better outcomes, (questionnaires, alignment, posture, pelvic floor strengthening & lengthening, scar management, education for bladder, bowel, sexual function, exercise for conditioning, weight loss, sleep, mood, bone, cardiovascular health, diabetes control, abdominal and core strength, stress release, socialization, hormone release)

Intra-operative

Suggestions for positioning

Post-operative

Evaluate, treat and education patients for better function (post op complications: fluid collection, labial abscess, cellulitis, prolapse, necrosis and iridescence of vaginal wall, hypovascularization of neoclitoris)

Pro Touch
• PHYSICAL THERAPY •

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PELVIC FLOOR THERAPY CAN HELP

Transgender & Gender Diverse Patients

COMMON TRANSGENDER ISSUES

Body dysmorphia
Pelvic floor issues
Voiding dysfunction
Bowel dysfunction
Sexual activity/dysfunction
Surgical scars
Muscle weakness/spasticity
Clitoris, prepuce pain/restriction
Pain with penetration
Balance/Gait dysfunction
Breast augmentation side effects
Central and peripheral sensitivity
Poor posture
Neuropathy issues
Phantom pain
Full graft site scar
Tissue restriction (neovaginoplasty)



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HOW WE CAN HELP

To Restore Health To PFD Patients

Restore Function
Restore Meaningful Tasks and Movement
Restore Activities of Daily/Nightly Living
Restore Bladder & Bowel Dysfunction
Restore Sexual Function
Restore Work Related Dysfunctions
Promote Exercise & Sport
Promote Health
Promote Education
Pain Relief

HOW WE TREAT PFD

*Tools & Techniques Used By Our
Pelvic Floor Physical Therapist*

Soft tissue mobilization
Manual therapy
Myofascial release
Modified Thiele's massage for high tone
TrP release
Muscle uptraining / downtraining
Therapeutic exercise
SEMG
Dilators
Milli Expanding Dilator
Scar release
Home program
Position modification
Orthopedic
VENIS