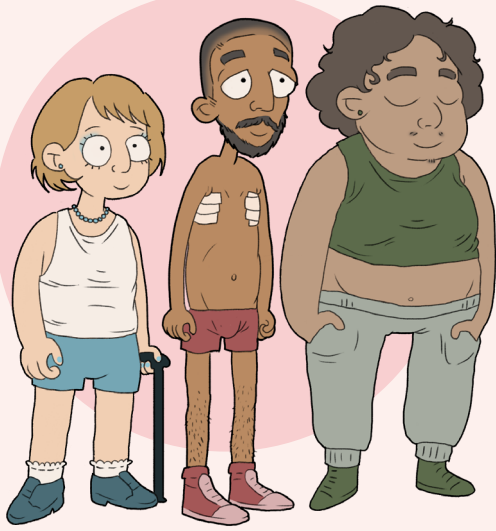




Binding 101

FOR OCCUPATIONAL THERAPISTS

What is binding?

- Binding is an activity of daily living (ADL).
- It involves donning/doffing material that flattens chest tissue.
- Binding usually occurs among people assigned female at birth (AFAB) who wish to create a more masculine appearing chest.
- While binding is common among transgender men and masculine presenting AFAB folks, anyone can bind.

Why do people bind?

- "To express myself in a way that feels good!"
- "To experiment with different gender presentations."
- "To reduce dysphoria about my chest."
- "To look great in my favourite shirt."
- Some people want to bind every day, others only bind for special occasions, like a hot date! Some folks may try it once and decide it's not for them, and that is okay.

My client is talking about binding, what do I do?

Respond positively.

Q: "I'm thinking about binding."

A: "I love that for you! Can you tell me more about this?"

Ask appropriate questions, in ways that honour your client's trust.

"When are you thinking about binding?"

"What style preferences do you have?"

Reflect the language your client uses.

If your client uses the word 'chest' use this word in your interaction.

If your client doesn't identify any words, synonyms or euphemisms for body parts, ask the following:

"We are talking about your body. What words feel good to use in this conversation?"

Work with and alongside your client to discover options that work best for them.

Consider the client's budget.

Consider their sensory needs: does your client require a sensory friendly binder?

Explore options together: what binders are best suited to your client's body type and the circumstances in which they will be binding?

Look at online reviews together.

Celebrate your client's efforts to feel more at home in their body!

Reflect on your practice: How did I go?

"How well did I support my client to explore and feel empowered in their gender expression?"

"What literature or learning opportunities would enable me to work more confidently with my client?"

Binding Options and Safety Tips

Commercial binders

Commercial binders are made from durable nylon and spandex. Binders come in mid-torso, full-torso and swimming binder options. Some folks turn binders inside-out to make them more sensory friendly.

Safety tips:

- Limit binding to 8-10 hours per day. This means talking about places your client feels safe to not be wearing a binder.
- Ensure your client is not binding while sleeping.
- Discourage binding during vigorous activity as binding will prevent your client's lungs from expanding and contracting normally.
- If your client is unable to don/doff their binder independently owing to restricted mobility, ensure someone is there to assist.

Popular brands:

- Trans owned company gc2b
- Underworks
- Amor binders (sensory friendly)

Tight sports crop tops

A great option for teens who are new to binding and people who are physically active. Folks with bigger chests report best results when layering two crops under a loose-fitting shirt.

Safety tip: If your client reports chest pain or difficulty breathing when wearing a tight sports crop, advise them to remove the crop immediately.

Popular brand: Underworks extreme sports and binding bra.

Binding tape

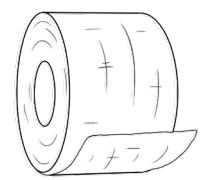
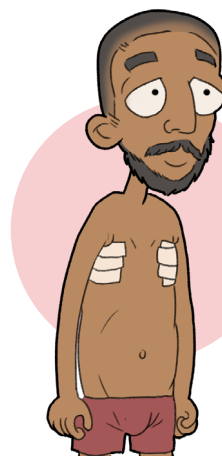
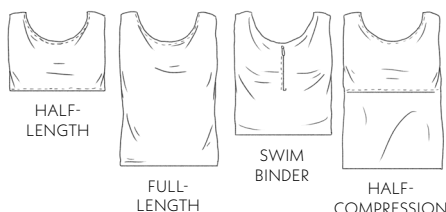
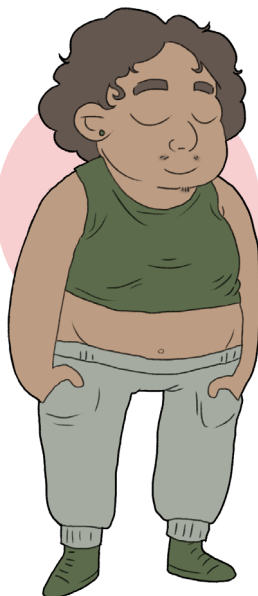
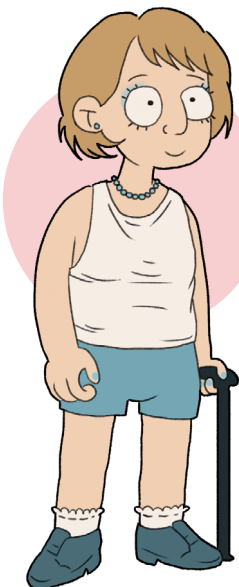
Some people bind using adhesive kinesiology tape. Binding tape is applied to either side of the chest, allowing ribs to expand and contract naturally. Commercially available, water-resistant binding tapes can be left on the skin for up to 3 days.

Safety tips:

- Advise clients to avoid binding with duct tape or other non-binding specific materials.
- Ensure your client is creating a nipple barrier using a non-adhesive dressing before applying tape.
- Monitor for skin irritation and tears. Do not tape over damaged or broken skin.
- Moisten tape with oil before removing.

Popular brands:

- Trans Tape
- Sock Drawer Heroes Mix Tape



ROLL OF BINDING TAPE