

## **A088 HSCI**

### **Physical Therapy and Transgender Health**

#### **Abstract**

**Purpose:** The purpose of this review is to bring awareness to the role of physical therapy with regard to transgender care by identifying the most commonly reported complications associated with gender affirming procedures that can be addressed by physical therapists.

**Methods/Materials:** Evidence was acquired via the TSU database, NCBI, and EBSCOhost. Evidence was used in this review if the peer-reviewed article addressed one or more of the following: transgender, gender affirming surgeries, pelvic floor dysfunction, chronic pelvic pain syndrome, gender dysmorphia, transgender discrimination, hormonal therapy, physical therapy, legislature, psychosocial issues, and prevalence.

**Results:** Twenty-three articles met the inclusion criteria.

**Conclusion:** Complications associated with gender affirming surgeries such as neovaginal stenosis, decreased bone density, tendon and ligament tears, pelvic pain, and urinary incontinence (UI) can be treated by physical therapy. Interventions including myofascial release techniques, aerobic training, and/or pelvic floor muscle training are effective in treating decreased bone density, mild or moderate- severe UI, pelvic pain, and/or neovaginal stenosis.

**Discussion:** This review examines the role of physical therapy in transgender healthcare. Transgender visibility and acceptance are on the rise, and several studies illustrate low-level cultural competence of physical therapists and health care providers related to transgender individuals. Gender affirming surgeries and hormonal therapies are shown to be effective in helping remediate some of the psychological issues that accompany gender dysphoria. Physical therapists can address most of the complications arising from gender affirming procedures such as decreased bone density, neovaginal stenosis, chronic pelvic pain syndrome, urgency, and incontinence, as well as screen for depression and anxiety.