



UNIVERSITY OF SASKATCHEWAN

Canadian Centre for Rural
and Agricultural Health

CCHSA-CCSSMA.USASK.CA



MUSCLE AND JOINT HEALTH AFTER GENDER AFFIRMING TOP SURGERY

People undergoing gender affirming top (chest) surgery need safe, informed post-surgical muscle and joint health care.



71%

reported muscle and joint symptoms were not completely resolved after surgery.

Less than

1/3

accessed muscle and joint-focused health care.

Six weeks after surgery, the most common muscle and joint symptoms are:

- Changes in Chest Sensation
- Chest Tightness
- Chest Pain
- Shoulder Stiffness
- Shoulder Weakness
- Arm Weakness

What You Can Do After Clearance From Your Surgeon



Stay active by easing into light physical activities and start a gentle stretching routine for upper body



Treat sensation issues by rubbing the area gently with a soft fabric and gradually increase to different textures



Be mindful of posture and avoid slouching or rounding your shoulders



Seek care from a trained licensed musculoskeletal specialist. You can search the Queer Physiotherapy Collective to find safe care

Thank you to our partners with lived experience for their contributions! This research followed the CPATH guidelines and was approved by the University of Saskatchewan ethics board.