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## facts about physiotherapy and the LGBTQIA+ community



### 1

#### People with diverse genders and sexual orientations can experience barriers to physiotherapy



Assumptions, discrimination, discomfort and lack of knowledge or understanding of the LGBTQIA+ community when accessing physiotherapy can lead to:

- profound impacts on health and wellbeing
- making a choice between disclosing or not disclosing
- discomfort about physical touch or undressing
- fear of discrimination or refusal of care.

### 2



#### Physiotherapists' approaches to working with the LGBTQIA+ community vary

Gender identity and sexual orientations are approached in three ways by physiotherapists, including treating:

- the whole person in context considering an equity approach
- everyone equally with little consideration of additional factors
- the body part with no consideration of additional factors.

### 3

#### LGBTQIA+ content in Australian physiotherapy curricula is limited



Despite indications of its relevance to physiotherapy, research shows universities provide limited LGBTQIA+ content, contributing to:

- a lack of perceived importance relative to other topics
- ongoing health disparities between LGBTQIA+ and heteronormative communities
- less nuanced understandings of LGBTQIA+ community needs.

### 4



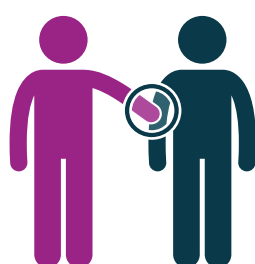
#### LGBTQIA+ inclusive practice requires challenging normativity

It is important to recognise and address the impact of discrimination and trauma through:

- avoiding cis and heteronormative assumptions
- enhancing LGBTQIA+ representation and visibility in the clinic
- using intake forms that allow for LGBTQIA+ identification
- obtaining informed, ongoing consent.

### 5

#### Physiotherapists' can provide affirming care for the LGBTQIA+ community



Patient-centred and biopsychosocial approaches to care that can be safe and affirming for the LGBTQIA+ community include:

- modified approaches to observation and touch
- skilled use of language for anatomy
- using inclusive communication
- ensuring privacy and confidentiality.

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