

# **Transgender Waist Training and Corsets**

## **MTF**

### **ORIGIN OF THE WAIST TRAINER -**

This girdle-like product is the descendant of the corset, remade for modern times but for basically the same purpose. Waist trainers have typically been used when working out to supposedly help women lose weight while still maintaining their curves.

The biggest difference between corsets and waist trainers are the materials used. Waist Trainers have breathable fabrics such as nylon and spandex with flexible spiral plastic boning while corsets have rigid, unbreathable materials such as leather with inflexible steel boning and tight lacing. Another difference is that some waist trainers do not go up the torso as high as a corset.

### **THE POSSIBLE EFFECTS OF WEARING A WAIST TRAINER OR CORSET-**

Experts have warned that the use of the waist trainer/corset can lead to medical issues and damage to internal organs. They can cause problems with organs and bones over time. If someone is wearing one for too long every day, the inner organs, such as the diaphragm, colon, liver, stomach, and small intestines can be shifted around inside your body.

Trying to be too aggressive with a waist trainer/corset can cause organ redistribution in ways that can be dangerous, or even fatal. They can rearrange the intestines, reducing the amount of intestine in the waist area by moving it higher into the rib cage, and lower into the pelvis against the liver and kidneys. Intestines can become obstructed, adhesions can form, and there is a risk of hernias as well as a risk of damage to the liver, kidneys, and spleen. There is also the risk of ruptures of the internal organs. It's also very important to be aware of your bowel activity. If you start getting too constipated, this is a warning sign. There is also a risk of hemorrhoids because of the extreme compression of the abdomen and impeded blood flow.

There can also be changes to the ribs and bone structure. Shortness of breath occurs because pressure is being applied to the diaphragm, preventing it from moving naturally. You can't breathe deeply or expand lungs as fully. If the waist trainer/corset is too tight, this could cause the diaphragm to press into the lungs, and because circulation and lung capacity is limited, the heart could begin to race, because it can't get enough oxygenated blood to the brain. You can also experience back pain, especially when wearing them repeatedly, since you are not exercising important muscles. Your stomach might get pushed up beyond the diaphragm, which can cause reflux and make heartburn and indigestion worse.

### **SOLUTIONS -**

If one must choose, a waist trainer is better than a corset for binding, and an Ace Bandage is very dangerous and shouldn't be considered. Find the right size and ease into how many hours a day it is worn. It is also important to breathe deeply and stretch after taking a waist trainer off.

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