

**PTA PROGRAM 8th ANNUAL CLINICIAN APPRECIATION DAY**  
SPEAKER BIOS, SESSION DESCRIPTIONS & OBJECTIVES

**The Intersections of PT and LGBTQ+ a Guide to Inclusive Care**

**Chris W. Condran, PT, DPT, EdD (c), MBA-HCM, MS, ACSM-EP, NSPA-CS**

Pronouns: he/him/his

Dr. Condran earned a Bachelor of Science in Exercise Science degree from East Stroudsburg University, a Master of Science in Exercise Physiology from West Chester University, an MBA in Business Administration (Widener University) and a Doctor of Physical Therapy degree from Widener University. He is currently enrolled in a Doctor of Education program in Kinesiology (University of North Carolina Greensboro). Dr. Condran holds certificates in Healthcare Management, and he is a Certified Exercise Physiologist (American College of Sports Medicine) and a Certified Conditioning Specialist (National Strength Professionals Association). Dr. Condran is an outpatient orthopedic physical therapist with 9 years of clinical experience. He has served as a visiting faculty assistant professor in the Doctor of Physical Therapy Program at Lebanon Valley College. Dr. Condran's research and advocacy interests are centered in providing inclusive clinical environments for all patients. These interests include transgender health issues and the intersections of PT clinical practice, eliminating health disparities in the LGBTQIA+ populations, and establishing curriculum for LGBTQIA+ cultural competency in the classroom and beyond. Dr. Condran serves as a board member of PT Proud the LGBTQIA+ Catalyst Group of the Committee of the Health Policy & Administration Section of the American Physical Therapy Association, where he serves as the treasurer and webinar subcommittee leader.

**Course Description:**

This session focuses on cultural competence as a necessary skill to ensure best practice, and to ensure that optimal care is provided to individuals within the LGBTQ+ communities. Instructional content focuses on topics affecting the LGBTQ+ community, including health disparities and discrimination. The instructor will define key terms and concepts (i.e. gender identity, sexual identity, gender expression, bottom, and top surgery, non-binary, etc.), correct use of pronouns and will discuss terminology to avoid. This session focuses on providing attendees with strategies that promote the development of trusting therapeutic relationships with LGBTQ+ patients/clients. Issues specific to gender transition and gender-affirming care will be discussed in detail. Additionally, due to the current absence of clinical practice guidelines, the latest evidence regarding interacting with sexual and gender minority bodies in clinical settings across the continuum of care will be explored.

**Objectives:**

The participant will be able to:

- Describe three common barriers LGBTQ+ individuals experience to attaining overall health and wellness.
- Identify two potential barriers to providing culturally competent physical therapy services to the LGBTQ+ communities.
- Identify two clinical implications for physical therapy treatment of transgender individuals seeking gender-affirming treatment
- Describe two methods for creating an inclusive clinic environment and physical therapy experience for LGBTQ+ individuals.