There is an array of negative health effects associate with chest binding.

There is a range of negative effects which chest binding can cause [1].

A survey [2] of transmen who engaged in breast binding found that 68% were concerned about the health effects. The most common symptoms associated with binding were back pain (65%), shortness of breath (48.6%), bad posture (32%), chest pain (30%), and light-headedness (30%).

REFERENCES
