

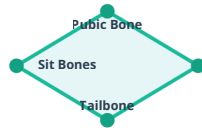
# STRONG FOUNDATIONS

## The Desk Worker's Pelvic Floor Cheat Sheet

60% of women experience pelvic floor symptoms, but leaking is **never** normal! Seamlessly integrate these healthy pelvic habits into your office routine.

### 1. Identify & Contract Your Pelvic Floor

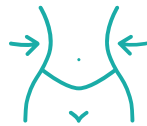
Find your pelvic floor by visualizing the diamond area between your pubic bone, tailbone, and sit bones.



- **How to contract:** Try imagining zipping up forward from your back passage, pulling a tissue up from a box, or sucking a milkshake up through a straw.
- **Avoid "Cheating":** Ensure you aren't holding your breath, sucking in your tummy, or squeezing your glutes (bum cheeks).

### 2. Release: Strength Needs Length

Keeping muscles constantly clenched leads to them becoming tight, sore, and easily fatigued, causing leaking or urgency when you cough/sneeze.



**Relax your Abs:** Let your stomach go, un-suck your belly, and allow yourself to slouch comfortably at your desk periodically.

**Check your Jaw:** Jaw clenching directly correlates with pelvic floor tightness. Intentionally relax your jaw and release tension.

### 3. Desk Deep Breathing Exercise

Coordinate your breath to naturally train and reflexively move your pelvic floor throughout the workday.



**360° Diaphragmatic Breath:** Inhale deeply, feeling your ribs expand outwards.

**Diaphragmatic breathing:** Keeping your rib cage relaxed, inhale deeply expanding into your abdomen and relax, allowing your stomach to relax back. This helps to relax the pelvic floor.

### 4. Smart Desk Hydration Habits

What you drink plays a massive role in sudden urinary urgency and leaking symptoms.

**Limit Caffeine & Coffee:** Caffeine can act as a bladder irritant. If you experience leaking or a sudden rushing to the toilet, reducing intake can drastically improve symptoms.

**Drink Plenty of Water:** Don't cut back on water to stop leaking! Dehydrated, highly concentrated urine is highly acidic and irritates your bladder lining, making urgency worse.

**Fun Fact:** Vintage champagne has smaller bubbles and less carbonation, making it less irritating to your bladder than standard sparkling drinks!



**Remember:** Leaking may be common (affecting 1 in 4 after kids), but it is **never normal**. Don't rely on scary search engine results. If you have concerns, stay off Google and consult a Pelvic Health Physio!