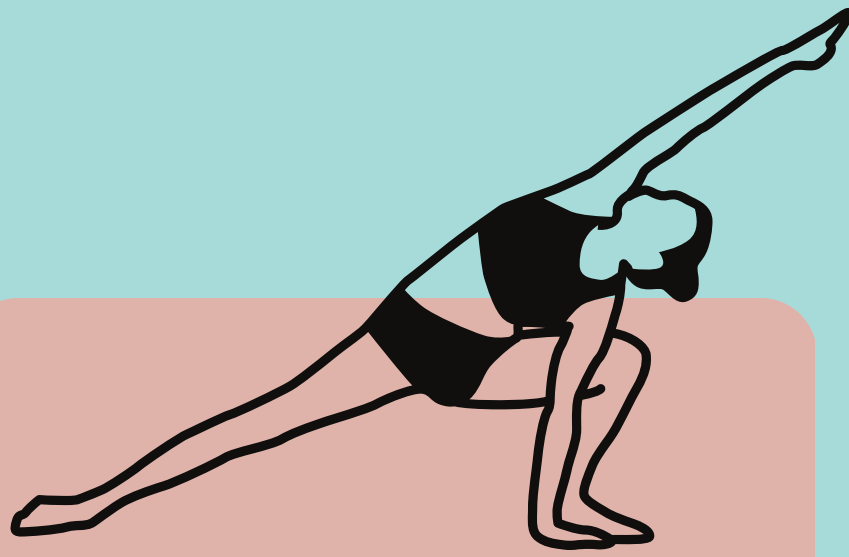


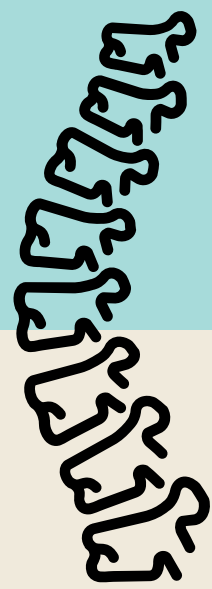
# How to Prevent Pelvic Floor Damage When Sitting



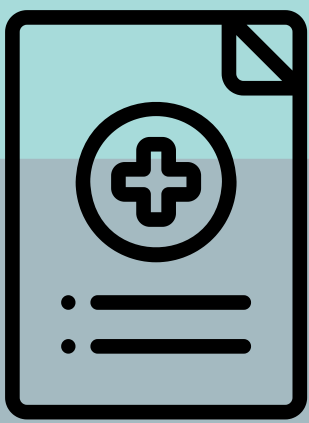
Don't sit too long & stand when you can



Stretch during the day



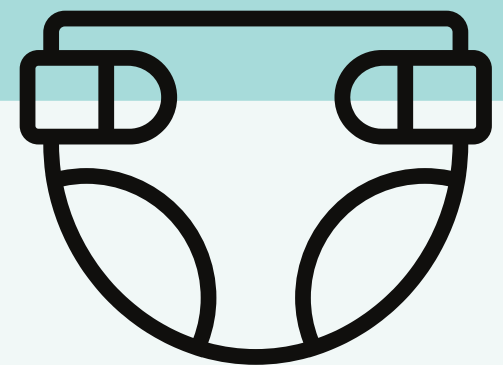
Watch your posture



See a physical therapist



Engage in exercise



Use incontinence products