

DUBS WITHOUT THE DRIBBLE

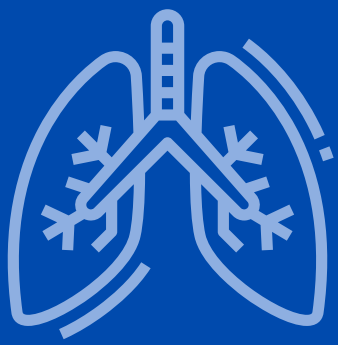
A guide to help you stop peeing when you skip

RELAX

Many people have a tendency to squeeze their abs + butt, and even kegel when they're about to brace for impact, (ie. skipping, jumping, running) without realizing that those actions add strain to the pelvic floor and might actually *cause* leaking. In order for your pelvic floor muscles to contract properly, they need to be given the opportunity to relax. It would be like trying to do bicep curls after walking around with your biceps flexed all day--the muscles are fatigued from constant tension.



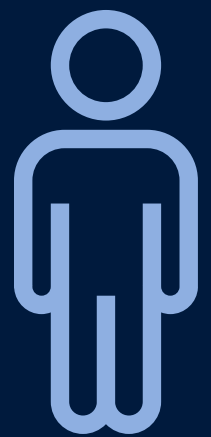
BREATHE



This might sound basic but breath is an important tool to help prevent/ mitigate symptoms like leaking. Although breath holding is a common tendency, it works opposite its intention because it adds to the tension + pressure on your pelvic floor. Try instead to work *with* your breath. When skipping or jumping, inhale when you're in the air and exhale when you touch ground. Try not to overthink it, if you focus on the exhale, you'll likely find that the inhale takes care of itself. When in doubt go with your natural breath pattern.

POSITIONING

Are you a butt tucker or a rib thruster? Making a couple adjustments could benefit. Try to stack your hips + ribs and keep your neck neutral, gaze ahead of you. This will put your core + pelvic floor in a more optimal position, making leakage less likely. Focus on jumping straight up and down and try to avoid going into a pike position.



VOLUME



Do you notice that you're doing great and are symptom-free until a certain point? That point is your threshold. For example, you can do 20 double unders no problem but on rep 21 you leak. It might sound counter-intuitive but the best way to build up that threshold is to scale back a bit. Instead of 20, try 15 or choose a number that you without symptoms and stay there until you can consistently do that number with confidence. Then slowly add reps back in, try 1-5 at a time and repeat the process.

DISCLAIMER

Please note that this is to serve as information only. This is not medical advice, nor is it a one-size-fits-all solution. It is simply a guide with tips that may help you prevent/ mitigate leaking on impact. If you experience prolonged incontinence or other pelvic health symptoms such as discomfort, heaviness, bulging, or pain, please consult a pelvic floor physiotherapist or pelvic health expert.