

Sitting desk vs standing to reduce pressure?

Posted by iEatForFun - 06 Sep 2022 12:58

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Hello,

?Im am trying to find ways to reduce "that feeling" in the groin area. I plan to switch to loose underwear but I was wondering if anyone had experience with sitting vs standing at work. I feel like sitting all day increases pressure in the area and I am wondering if getting a standing desk may help. Anyone have experience with this?

Thanks

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Re: Sitting desk vs standing to reduce pressure?

Posted by Markz - 06 Sep 2022 15:59

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[iEatForFun wrote on 06 Sep 2022 12:58:](#)

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Thanks

No sorry I don't.

if you could share a little bit more about your struggles and your successes, it might be easier for some of us guys here to be able to shine some light over here. Otherwise it is hard to say

what type of position is more conducive to making our struggle easier.

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Re: Sitting desk vs standing to reduce pressure?  
Posted by 5Uu80\*cdwB#^ - 06 Sep 2022 18:10

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Hello. Looser fitting underwear and pants do help. Can't speak to standing versus sitting.  
Hatzlacha.

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Re: Sitting desk vs standing to reduce pressure?  
Posted by Markz - 06 Sep 2022 23:55

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[5Uu80\\*cdwB#^ wrote on 06 Sep 2022 18:10:](#)

Hello. Looser fitting underwear and pants do help. Can't speak to standing versus sitting.  
Hatzlacha.

Driving in the Bronx, there were a bunch of people wearing loose fitting pants... some sitting and others standing... what's that all about - Is it the new style?

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