

## Contact us

This guide is designed to assist you in the self-management of your injury/condition.

We are here to assist your recovery in the shortest but safest possible time. If you have any uncertainties or queries regarding the information, please do not hesitate to contact us on:

Phone 017890400999 / 07870166861  
[www.mdphysiotherapy.co.uk](http://www.mdphysiotherapy.co.uk)



YOUR GUIDE TO

# HERNIA

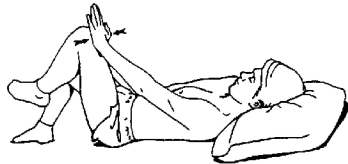


## Exercises phase 2

### STRENGTHENING EXERCISES:

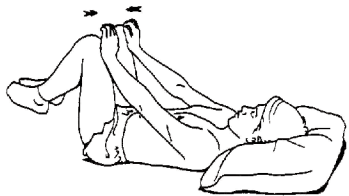
2-6 weeks after surgery

Do 3 sets of 10 of each exercise. Do each exercise slowly and controlled. Remember to concentrate on breathing correctly.



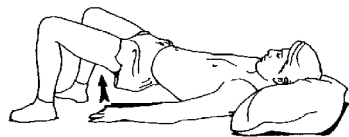
#### UNILATERAL ISOMETRIC HIP FLEXION

Tighten stomach muscles and raise knee to outstretch arm. Gently push, keeping arm straight and trunk rigid. Breathe out when pushing against the knee.



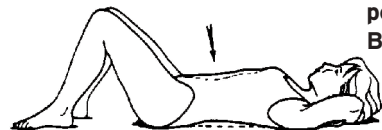
#### BILATERAL ISOMETRIC HIP FLEXION

Tighten stomach muscles and raise both knees to outstretched arms. Gently push, keeping arms straight and trunk rigid. Breathe out when pushing against the knee.



#### BRIDGING

Slowly raise hips from floor, keeping stomach tight. Breathe out when lifting hips.



#### PELVIC TILT

Flatten back by tightening stomach muscles and buttocks while tilting pelvis towards you. Breathe out while flattening back.

## What is a Hernia?

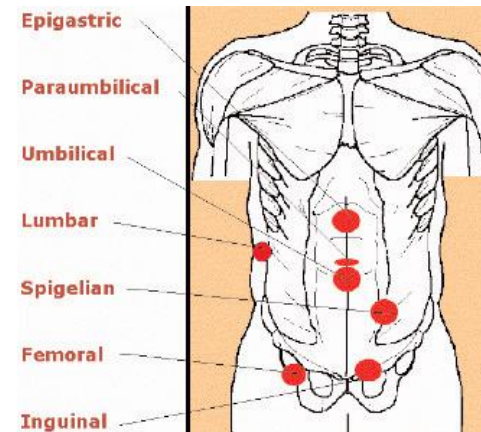
A Hernia occurs when a small sac containing tissue protrudes through an opening in the muscle of the abdominal wall.

Most hernias in adults result from strain on the abdominal muscles, which have been weakened by age or congenital factors. Although any part of the abdominal wall can develop a hernia, the most common site is the groin (inguinal hernia). Hernias are more common in men than women - about 25% of men and 2% of women develop an inguinal hernia in their lifetime.

#### IS SURGERY REQUIRED?

Most hernias can be repaired with a simple operation with minimal risk. Pain and swelling are relieved, and the risk of a strangulated hernia is eliminated.

The prognosis following surgery is very good. **97%-99% of people that have had a surgical repair of a hernia, have a complete recovery** and resume a normal level of activity. With people who complete a comprehensive rehabilitation programme, re-occurrence is especially rare. A full recovery from surgery can be expected in 2-6 weeks.



Courtesy of [www.e-hernia.co.uk](http://www.e-hernia.co.uk)  
([www.e-hernia.co.uk/page3.html](http://www.e-hernia.co.uk/page3.html))

#### YOU SHOULD AVOID...

- **Strenuous physical activity** including lifting for 4-6 weeks
- **Contact sports** for up to 3 weeks.
- **Constipation or straining** to have a bowel movement.
- **Any forceful coughing.**

**In general, a patient recuperating after hernia repair can expect to be able to:**

- **Walk within 24-48 hours after surgery**
- **Participate in light exercise 24-48 hours after surgery**
- **Drive within three to five days after surgery**
- **Return to work in as little as 2 weeks** - depending on your occupation and type of surgery.

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# Introduction

**Please take note of the following before starting any of the exercises in this guide:**

- The information contained in this guide is intended to assist in managing your recovery.
- This guide is complimentary to other medical services and is not intended as a substitute for a health care provider's consultation.
- Never disregard medical advice or delay in seeking it because of something you've read in IPRS's "Your Guide to Hernias".

● Many people have found quick and lasting relief from their hernia related symptoms by acting upon the information provided, but everyone decides for themselves what to do with this information. Should you doubt a particular exercise in your situation, please consult your health professional.

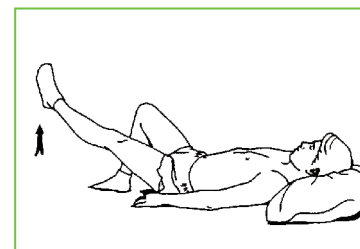
**When consulting your health professional, it is wise to take this guide with you to show them.**

# Exercises phase 3

## STRENGTHENING EXERCISES:

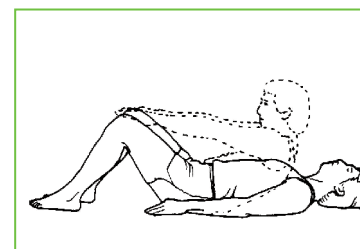
6+ weeks after surgery

Do 3 sets of 10 of each exercise. Do each exercise slowly and controlled. Remember to concentrate on breathing correctly.



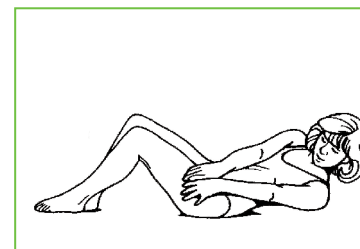
### STRAIGHT LEG RAISE

Tighten stomach muscles and slowly raise locked leg 8-12 inches from floor. Breathe out when lifting leg.



### CURL UP

With arms on your thighs, tilt pelvis to flatten back. Raise shoulders and head from floor. Use arms to support trunk if necessary. Only lift shoulders until the tips of your fingers reach your knees. Breathe out when lifting shoulders.



### DIAGONAL CURL-UP

With arms at sides, tilt pelvis to flatten back. Raise head and shoulders, rotating to one side as shoulder blades clear floor. Breathe out when lifting shoulders.

# What about exercise?

**The British Hernia Centre encourages as much activity as soon as possible.** Short and more frequent periods of activity are more beneficial than longer, more strenuous activity. The main focus of the exercise programme is to strengthen the abdominal muscles. This will improve and give additional support to the injured area and prevent a re-occurrence.

It is important that while exercising, the intra-thoracic pressure is not increased (Valsalva effect) and the abdominal muscles are not strained. This can be avoided by using the correct breathing techniques while doing the exercises. During all exercises do not hold your breath. For the duration of the exercise you should breathe out during the strenuous phase of the exercise and breathe in when relaxing. This will be indicated on the exercise sheet later on.

## WHAT EXERCISE SHOULD I DO?

- **24-48 hours after surgery:** Light stretching is recommended. Avoid straining and over-stretching.
- **After GP clearance:** Isometric contractions (muscular contractions with no associated movement)

**The information in this leaflet comes from extensive research that IPRS has done, and our own experience and results. The following are user friendly documents to gain more information:**

- Prodigy NHS UK: Hernias, © EMIS and PIP 2004. This leaflet can be viewed/ downloaded from [http://www.prodigy.nhs.uk/patient\\_information/pils/hernia.htm](http://www.prodigy.nhs.uk/patient_information/pils/hernia.htm)
- The British Hernia Centre <http://www.hernia.org>
- The Hernia Resource Centre <http://www.herniainfo.com/about.htm>

# Exercises phase 1

It is important that you do these exercises gently. You should feel a stretch and the muscles working, but should not feel discomfort. Use your own comfort levels to determine the intensity at which you do the exercises.

**IMPORTANT:** If any of your hernia symptoms return, stop and consult your GP.

## STRETCHING EXERCISES:

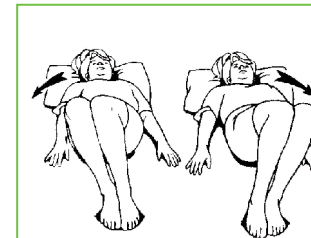
28-48 hours after surgery

**Repeat each of these stretches two times for at least 30 seconds. Hold a steady stretch, do not bounce, do not force into pain.**



### ABDOMINAL STRETCH

Standing against a wall. Clasp hands together and slowly reach hands up to the ceiling as far as you can. You should feel a stretch in your abdominal muscles. Then alternating arms, slowly push one arm up to the ceiling then the other.



### LUMBAR ROTATION

Slowly rock knees from side to side in a small, pain-free range of motion. Allow the lower back to rotate slightly.