



# MONTHLY NEWSLETTER

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**Keeping You in your game....for life series: Exercise after Hernia Repairs**

**Jim Denton P.T. at Carolina SportsCare and Physical Therapy**

## Understanding Hernias:

A hernia is the protrusion of an organ through the wall of the cavity that normally contains it. Hernias often develop in the areas of tissue weakness resulting in abnormal groin or low back pain.

There are many different factors which determine the quality of the tissue present in the abdominal wall. Most of which depend on our specific genetic make-up. Other external factors may be the quality and efficiency of the dynamic movement patterns that we perform during our normal daily activities.

## The Body's Chain:

The body is a complex chain made up of several different links. The multiple links in our kinetic chain include the foot and ankle, knee, hip girdle, spine and the abdominal wall. When placed under excessive external stresses our kinetic chain often breaks down at its weakest link. Unfortunately for many people, that weakest link is the abdominal wall resulting in a hernia.

## Benefits of Physical Therapy After Hernia Repair:

Now that that your hernia has been successfully repaired, your once weakest link is now your among your strongest. An effective post-operative rehabilitation program will ensure a balanced system with only strong links present in your kinetic chain.

Dr. Gordon Krueger with Coastal Carolina Surgical Associates General Surgeon and an expert on rebuilding abdominal walls, states that the exercise after surgery promotes blood flow which intern promotes healing. Because there may be a link with exercise activating the natural growth hormones in your body, healing generally is better with those patients that perform a core based and cardiovascular exercise program. A good rehabilitation program will teach proper body mechanics so that they may have an earlier return to their normal lifestyle. More importantly after a successful surgery and rehabilitation patients are educated o the importance of an active lifestyle, they find new interests that were not physically available to them before, involving themselves and family and promoting wellness creates a better self -image, and long term commitment to health and fitness.

Physical Therapy with an emphasis on core strength, flexibility, instruction in proper body mechanics and encouraging life long fitness is a recipe for success. We know a chain is only as strong as its weakest links to take an active approach to health and fitness and keep your chain strong.

Jim Denton is a Physical Therapist at Carolina SportsCare and Physical Therapy and is an integral part of the TEAMWORK approach to healthcare at Carolina SportsCare and Physical Therapy dedicated to keeping you in the game...for life.

