

## Hernia vs. sports hernia: Know the difference

\*\*\*SOT\*\*\*

OSF HealthCare surgeon Dr. Raman Kumar [RAH-man koo-MAR]

"A lot of chronic heavy lifting. Other things weaken the abdominal wall such as diabetes and smoking. Being obese causes a lot of weight hanging down on the abdominal wall. If you've had surgery in the past, that's also a risk factor." (:13)

\*\*\*SOT\*\*\*

OSF HealthCare surgeon Dr. Raman Kumar [RAH-man koo-MAR]

"If you have a hole or defect, it needs to be closed. The reason we fix hernias is because we don't want a loop of intestine or bowel to get into the hernia, twist off and die." (:10)

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OSF HealthCare surgeon Dr. Raman Kumar [RAH-man koo-MAR]

"Stretch before you do any type of activity. Work and develop your core muscles, including your abdominal and hip muscles. If the muscles are strong, they are less likely to tear." (:12)

\*\*\*SOT\*\*\*

OSF HealthCare surgeon Dr. Raman Kumar [RAH-man koo-MAR]

"Nine times out of 10, we can determine you have a hernia just based on a physical exam." (:04)