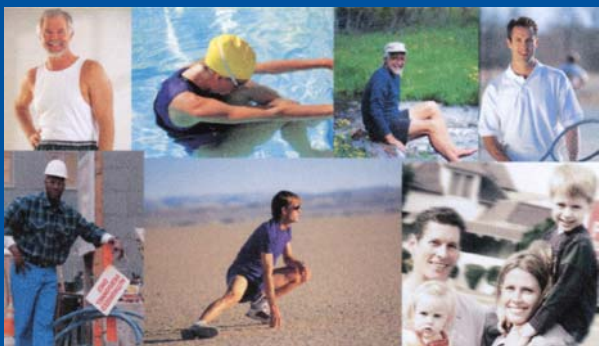


YOUR HEALTHY LIFESTYLE

# POST-OPERATIVE HERNIA REPAIR REHABILITATION PROGRAM

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## **Understanding Hernias:**

A Hernia is the protusion of an organ or part of an organ through the wall of the cavity that normally contains it. Hernias often develop in an area of weakness with the mechanism of injury being multifactorial. Intrinsic factors determine the quality of tissue present in the anatomical structure and largely depend on our own genetic make-up. Extrinsic factors are dependent upon the quality and efficiency of the dynamic movements we perform during our working and recreational activities.