

Minimally Invasive and Novel Therapeutics (M.I.N.T.)  
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# Hernia Rehab Program

Does it make a difference?

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# Objectives:

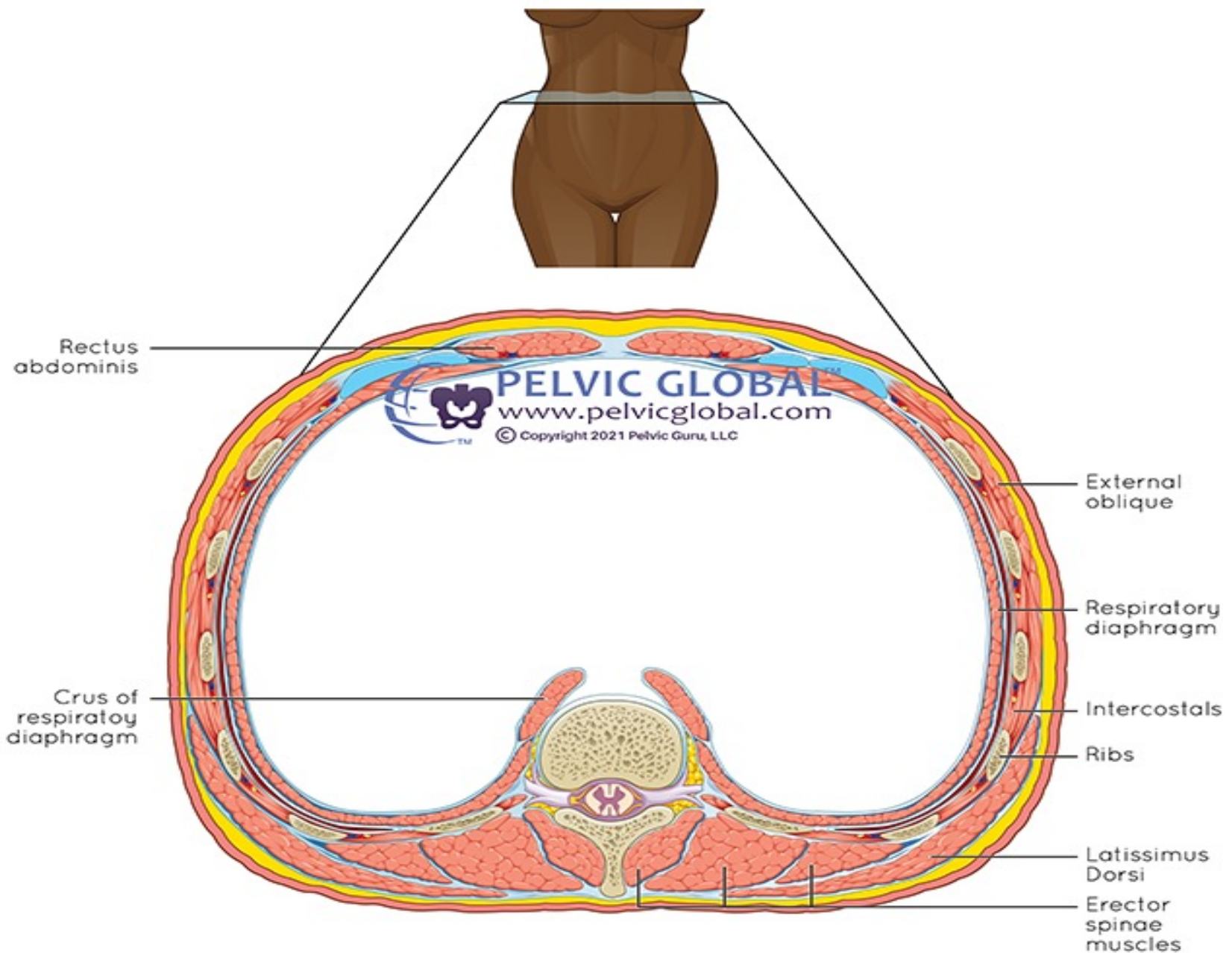
- Learn which patients are being referred or should be referred
- Explain what we do in therapy
- Explain our “why”
- Learn what our process looks like
- To provide you with guidelines for starting a hernia rehab program



# YES



Abdominal Core Surgery Rehabilitation Protocol Patient Guide



- What we do in Rehab
  - Pre-operative patient
  - Post-operative patient
  - Non-surgical patient

- Precautions
- Breathing
- Pressure management
- Core activation
- Binder use
- Body mechanics training
- Scar management



# How is rehab helping?

- Teaching proper breathing techniques
- Proper abdominal activation – concentrate on TA activation, avoid rectus dominance
- Proper body mechanic training
  - Transfers, bed mobility, lifting, etc
- Home exercise program with stretching and strengthening



# Rehab goals

- Improve prognosis
- Help patient safely return to PLOA
- Injury prevention
- Avoid secondary issues (pelvic floor, gastrointestinal, LBP)



# Which patients should you send?

Large hernia repairs

Bilat TA release

Valsalva

H/o chronic LBP

If you notice any red flags

- Holding their breath

- Poor body mechanics





How to start  
a rehab  
program?

Who to send  
to?

**ACHQC**<sup>SM</sup>  
ABDOMINAL CORE HEALTH QUALITY COLLABORATIVE

PT's specializing in pelvic  
health, abdominal surgeries or  
spine



**HARVARD**  
MEDICAL SCHOOL



“JD”

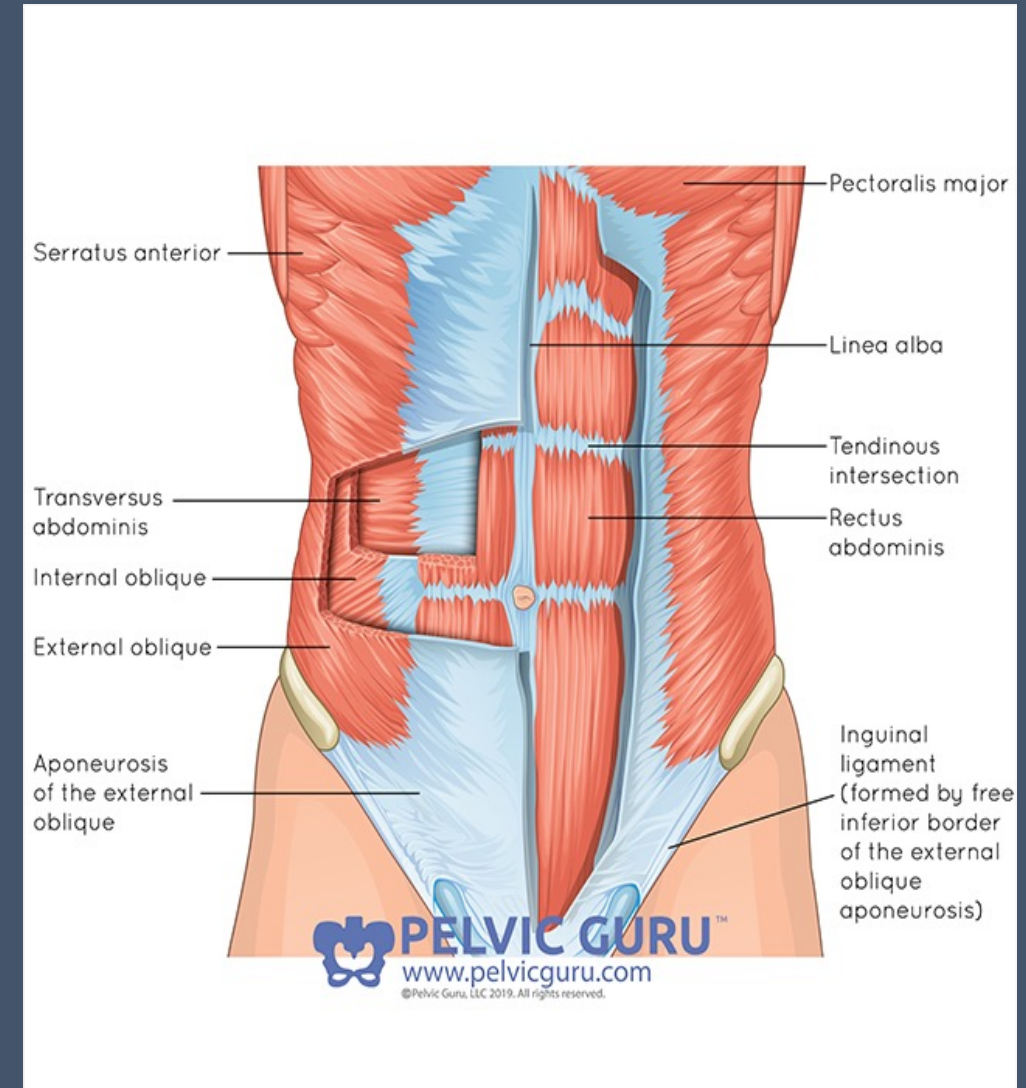
77 male s/p robotic incisional hernia repair with bilateral component separation (TA release)

1 month - Pain at rest and with movement. C/o being hunched over, unable to straighten up

Has tried returning to some walking but otherwise limited.

PLOF: lifting, lots of walking, running (10 miles/wk), running antique business (including assessing inventory, lifting, carrying)

Treatment include manual work, core stab, aquatic therapy, bracing



## References:

- ACHQC Abdominal Core Health Quality Collaborative (2021) Abdominal Core surgery Rehabilitation Protocol Patient Guide. Version Date: 06-17-2021.
- ACHQC Abdominal Core Health Quality Collaborative (2021) Abdominal Core surgery Rehabilitation Protocol Physical Therapist Guide. Version Date: 06-17-2021.
- Christopher AN, Fowler C, Patel V et al. Bilateral transverse abdominus release: Complex hernia repair without sacrificing quality of life. *AM J Surg*. 2021;223:250-256.
- Haisley KR, Vadlamudi C, Gupta A et al. Greatest quality of Life Improvement in Patients with large ventral hernias: An individual assessment of items in the HerQLes Survey. *JSR*. 2021; 268:337-346.
- Perez JE, Schmidt MA, Narvaez A et al. Evolving concepts in ventral hernia repair and physical therapy: prehabilitation, rehabilitation, and analogies to tendon reconstruction. *Hernia*. 2021; 4:1-13.

