



WORK RIGHT REVIEW

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SPORTS HERNIA PREVENTION

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The dreaded *hernia*. Sports hernias are pretty common in the sports population, but they are also commonly found within the industrial setting as well. Have you ever felt a pull or twinge in the front of your abdomen that caught you off guard when lifting or pulling things that are too heavy or when you're in an awkward posture? Fear not! Work Right has you covered.



So, What is a Sports Hernia?



A Sports hernia is defined as a bulge in the posterior inguinal wall that represents an incipient inguinal hernia or a tear in the Transversus Fascia of the posterior floor.

An imbalance between the hip adductors (muscles on the inside of the thighs) and the lower abdominals (deep core ab muscles) leads to a weakening, of the structures in the inguinal region leading to a hernia.

Umm... WHAT!?



Let's break that down. In layman's terms: *weak abs* and *tight hips* lead to poor body posture, instability, and compensations. We move differently with structures or muscles that were not designed for that purpose and that are not as strong or as stable. Continuously working with these issues can lead to inflammation and tearing of tissues along the abdominal and groin area, a hernia.

What's the Solution for Prevention?

Exercise and good body positioning! Use PREPARED every day as a preventative tool. For hernia prevention pay attention to:



- [P] Pre-shift warm-up
- [P] Proper lifting posture
- [A] Aligning your shoulders, hips, and toes
- [R] Remain in the green zone



Ask your Injury Prevention Specialist for this infographic with examples of mobility and stability exercises you can incorporate into your daily routine, during a much needed micro-break, or at home in a strengthening program. As always, consult your Injury Prevention Specialist for further help!

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Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

