

Hernia vs. sports hernia: Know the difference

Run time - :27

When watching a basketball game on TV, you may hear announcers say the star player is missing time with a hernia. A sports hernia is different than a hernia suffered in everyday life. But each should be taken seriously. Tim Ditman of OSF HealthCare has more.

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OSF surgeon Doctor Raman Kumar [RAH-man koo-MAR] says a hernia is when an internal organ or piece of fat goes through a hole in the abdominal wall. Heavy lifting, obesity, and smoking are risk factors. Surgery is the endgame.

*SOUNDBITE: "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)*

A sports hernia, meanwhile, is a muscle tear in the groin area.

I'm Tim Ditman.

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TAG: To avoid sports hernias, stretch before competing and leave the game if your midsection hurts.