

Hernia vs. sports hernia: Know the difference

When watching a basketball game on television, you may hear coaches and 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.

TAKE VO

OSF HealthCare 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 risks. Surgery is often the endgame.

SOT

OSF HealthCare surgeon Doctor 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)

VO TAG

A sports hernia is a muscle tear in the groin area. Stretch before you compete, and leave the game if you have pain your midsection.