

# Preventing Parastomal Hernias

A parastomal hernia is an abnormal bulge around the stoma. It is caused when an additional loop of bowel moves between the stoma and the abdominal wall muscle. Within 1 year of having surgery that creates a stoma, up to half of the patients will develop a parastomal hernia.

## What Can you Do to Reduce Your Risk?

- Strengthen your abdominal muscles: An exercise is provided below (Transverse Abdominis Contraction Exercise). If you have weak abdominal muscles, you are more likely to get a hernia.
- Manage your weight: Being overweight can increase the occurrence of a parastomal hernia as it causes extra intra-abdominal pressure.
- Avoid heavy lifting and use proper body mechanics.
- Avoid holding your breath or straining during exercise, when lifting objects, or transferring out of bed or a chair.
- Perform Log Rolling techniques for getting in and out of bed (pictured below).
- Wear a light support garment such as a hernia belt.

## Transverse Abdominis Contraction Exercise



### To Start

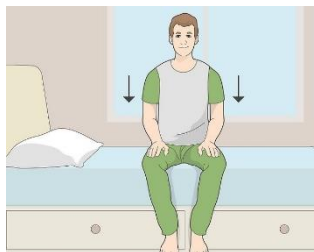
Begin lying on your back with your knees bent and your feet resting on the floor/bed. Place your fingers on your stomach just above your hip bones.

## Exercise

- Tighten your abdominals, pulling your navel in toward your spine and towards the bed/floor. You should feel your muscles contract under your fingers. Hold this position for 3-5 seconds, then relax and repeat. Try to perform 3 sets a day. (Do 10 repetitions in each set.)
- Make sure to keep your back flat against the floor/bed and do not hold your breath as you tighten your muscles.
- You can perform this exercise before and after surgery.

# Log Rolling

A log roll is a technique to get yourself in and out of bed after an abdominal operation or injury. It will help you to get from a sitting position to laying down and help you get back up again with less pain or less chance of injuring yourself.



1. Begin sitting upright on the edge of the bed.



2. Slowly lower yourself onto one side and bring your feet onto the bed at the same time with your knees bent.



2. Then, roll onto your back, keeping your knees bent and hips in line with your shoulders.

Reverse these movements to return to a sitting upright position.

If you have more questions or concerns regarding exercise or resuming your active lifestyle, please ask your physician for a consult for Physical Therapy.

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