

The Iskandar Complex Hernia Center

The Iskandar Complex Hernia Center Answers the Question, ?When Can I Exercise After Hernia Surgery??

December 13, 2022

Waxahachie, TX - December 13, 2022 -

The Iskandar Complex Hernia Center, which is located in Waxahachie, TX, has recently published a blog post titled, ?When Can I Exercise After Hernia Surgery?? This article provides answers to patients' questions as to when they can get back to their exercise routines after a hernia repair. Dr. Mazen Iskandar is fully aware of the importance of exercise in patients' lives since it doesn't only enhance physical health but it also helps with emotional and well-being. However, it is important to make a gradual return to normal exercise after the surgery and it should only be done under the direction of the surgeon. The article offers general guidelines on how to return to exercise after the surgery but advises patients to always follow their doctor's recommendations in regard to their surgery and their recovery.

Immediately after the hernia surgery, patients can usually walk as much as they can tolerate. It is essential not to lie in bed all day and be sedentary and instead move around as much as possible while the body is healing. Walking and deep breathing can also help in preventing the occurrence of blood clots after surgery. Walking around for five to 10 minutes at least five to six times a day, may be advisable.

Two to three weeks after the surgery, patients may safely go back to non-impact exercises, such as

swimming, biking, or elliptical training. However, exercises for strengthening the core muscles should be avoided at this particular point in time. Sprinting, jumping, and impact exercises should not be done for at least four to six weeks after the hernia surgery. Furthermore, the range of movement that a patient can do after surgery will depend on the level of discomfort for the patient. And patients should wait for the doctor to give the signal that it is safe to begin exercising again. Meanwhile, Dr. Iskandar performs minimally invasive hernia repair, which reduces the time that patients need to attain optimal recovery and return to their normal routine.

With regards to weight lifting after hernia surgery, patients are advised to avoid lifting anything that is heavier than 15 pounds during the first four weeks after the surgery. But most patients are able to return to heavy lifting and strenuous exercises a few months after the procedure. In general, most patients are able to get back to gym activities and weightlifting, two to three months after laparoscopic inguinal hernia repair or laparoscopic hernia surgery. For large umbilical hernias and incisional hernias, patients typically need to wait for about two months before doing strenuous exercises. Again, it is important to consult with the surgeon and follow his advice before returning to any form of exercise while the body is still healing.

It is important to note that if the return to strenuous activities, such as weight lifting, is too early, a hernia recurrence or other complications may occur. It is important to begin with gentle exercises to strengthen the abdominal muscles or do some light jogging, but only when the doctor gives the go signal.

Dr. Mazen Iskandar, MD, FACS, is a surgeon who is focused on the repair of reoccurring or complex hernias. He is a board-certified general surgeon who underwent fellowship training on minimally invasive and bariatric surgery. He has a lot of experience in performing complex hernia surgery and abdominal wall repair. He has earned the reputation of being one of the top complex hernia experts in the country. The surgery that he offers can alleviate many of the problems that people with complex hernia suffer from, such as: a reduced quality of life; morbidity; limited mobility; psychological well-being issues; stress related to health and weight management; greater degrees of body pain; diminished social and physical functioning; lessened sexual activity; missed opportunities; occupational and career limitations; loss of pastimes and hobbies; and related health problems.

Those who are interested in learning more about complex hernia surgery can check out The Iskandar Complex Hernia Center website or contact them on the telephone or through email. They are open from 8:30 am to 5:00 pm.

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For more information about The Iskandar Complex Hernia Center, contact the company here: The Iskandar Complex Hernia Center Mazen Iskandar info@iskandarcntr.com The Iskandar Complex Hernia Center 2460

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The Iskandar Complex Hernia Center

The Iskandar Complex Hernia Center offers complex hernia surgery and advanced abdominal procedures with renowned expertise and unparalleled compassion so that you can enjoy a dramatically improved quality of life.

Website: <https://iskandarcenter.com>

Email: info@iskandarcenter.com

The logo for The Iskandar Complex Hernia Center is displayed within a rectangular frame. The text "The Iskandar Complex Hernia Center" is centered and set against a light green rectangular background.

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