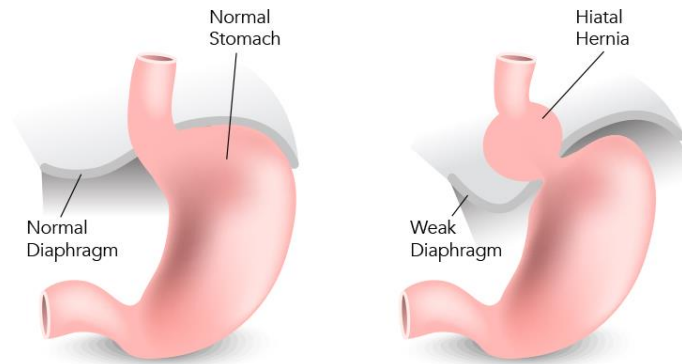


Hiatal Hernia Correction

Hiatal hernias OCCUR due to an imbalance in the core. The core is a 6 sided box which consists of the pelvic floor, glutes, abs, obliques, hip flexors, back extensors and diaphragm. When there is an imbalance, the diaphragm has to compensate and the diaphragm opens up. When the diaphragm opens up, the stomach slides into the diaphragm (especially when bending over) causing a hiatal hernia. To fix a functional hiatal hernia you have to get the core balanced. You have to stretch the hip flexors and strengthen the glutes and core.



EXERCISE EXAMPLE 1

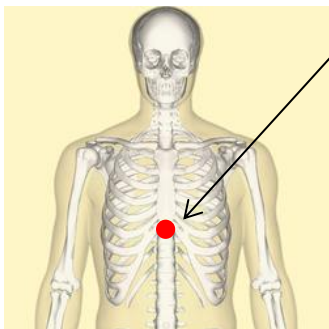
Correction of a hiatal hernia is a 3 part procedure.

1. Pull the stomach down from left to right 3 times as you exhale.

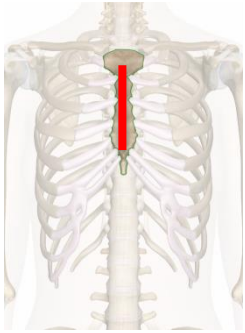
**Location of the soft spot
Just underneath the ribcage**



2. You must close the cardiac sphincter by pushing in between the xiphoid and the belly button and push in and quickly release with a counter clockwise, twisting motion.

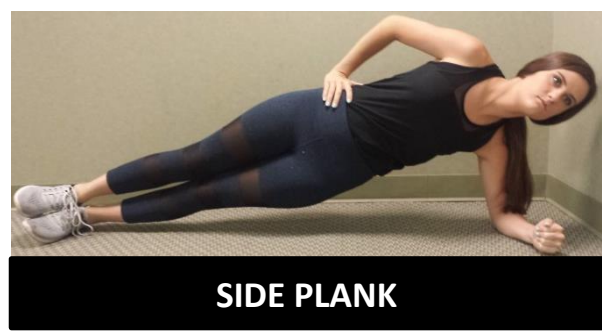
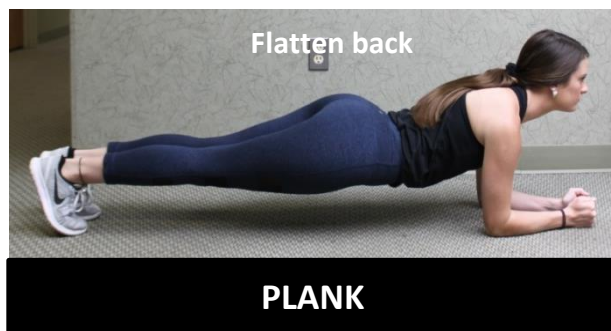
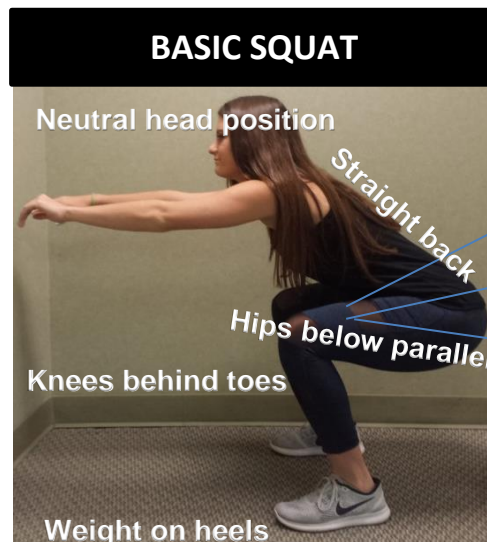


3. Rub the lymphatic point which goes down the sternum for 20 seconds.



Extensive sitting and sedentary jobs cause over contraction and splinting from the psoas muscle which can create a chronic imbalance which leads to a hiatal hernia.

The following exercises should be performed once an hour for people that have seated sedentary sitting jobs. Stretch the hip flexors 10-15 seconds on both sides. (Do the tighter side twice the amount of times as the looser side). The next exercise is 5-10 basic squats with proper form making sure that the knees do not go over the toes when looking down. Do these exercises on the hour throughout the day. (If you have a history of knee problems, do less and don't go as deep or as low with the squat). To help strengthen the core, begin basic isometric exercises such as the plank, bridges, side planks, and superman type exercises. Also, perform diaphragm breathing to retrain the dysfunctional diaphragm. (Example: Take a deep breath pushing the stomach out. Do not raise the shoulders. If you are raising your shoulders you are using the accessory muscles. When inhaling, your stomach should go out, when exhaling the stomach should go in). You will need to practice this throughout the day until it becomes a natural instinctual process.





BRIDGE EXERCISE



SUPERMAN EXERCISE