

# Hernia Recovery Programme

Don't let hernia symptoms hold you back.  
Our hernia recovery programme gives you the tools to move confidently, with more comfort and protect your repair

**Take the next step in your recovery**

Go to:

**[HerniaClinicHampshire.com/shop](https://HerniaClinicHampshire.com/shop)**



# Hernia Supports



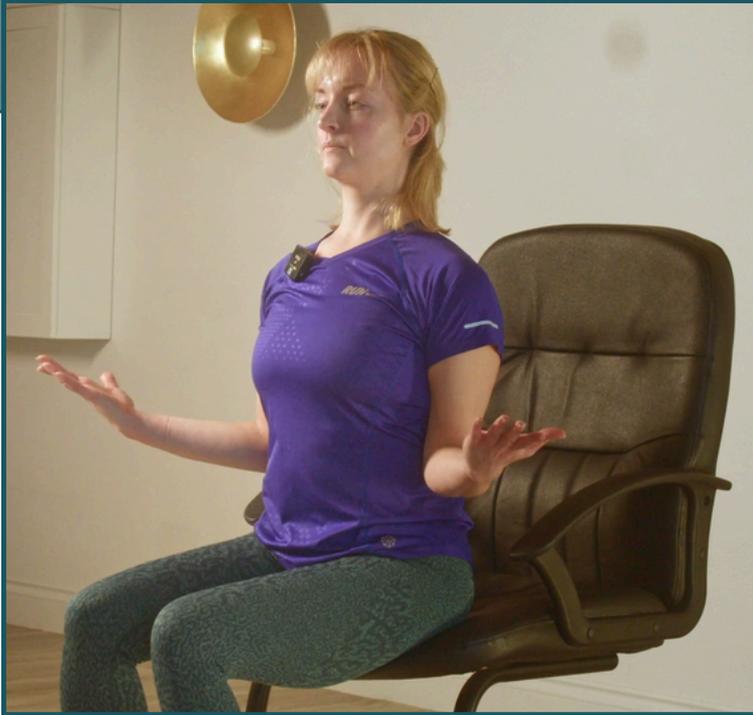
Wearing a quality hernia support can make a big difference in managing symptoms before surgery and your recovery after surgery.

Our recommended garments:

- Let you move with more confidence and ease
- Stabilise your core and hernia/repair site
- Help reduce swelling and discomfort after surgery
- Help your wound strengthen and become flexible

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# Hernia Rehabilitation Exercises



Our guided video series helps rebuild strength, flexibility and confidence at your own pace. The exercises are designed to protect your hernia repair while helping you return to life faster.

What you'll get:

- Pre-recorded videos, designed to fit into your daily life
- Focus on scar flexibility and strength and core muscles
- Suitable for all fitness levels
- Reduces tightness, pain and fatigue over time

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IMPROVE YOUR

HERNIA RECOVERY

## Why Follow Our Hernia Recovery Programme?

Our expert-designed programme combines targeted exercises, specialist advice and quality hernia supports to help you:

- Helps both before and after surgery
- Return to activity quicker
- Improve long-term comfort
- Reduce the risk of recurrence

## What's Included?

- Hernia supports
- Hernia rehabilitation exercise videos
- Post-hernia surgery advice PDF

Get the best results by using all three resources!

Reactivate your life at  
[HerniaClinicHampshire.com/shop](https://HerniaClinicHampshire.com/shop)