NEW FOR HERNIA PATIENTS: Abdominal Core Health Mobile App

Featuring a Patient Portal with:

- Useful information for Before and After surgery
- Pain management strategies and opioid information
- Activities and Exercises to help with recovery - including diagrams and videos demonstrating proper technique

DOWNLOAD FOR FREE TODAY!

If you have any questions regarding your hernia surgery or care plan, contact your surgeon’s office.

For more information on the ACHQC, contact aileen@achqc.org