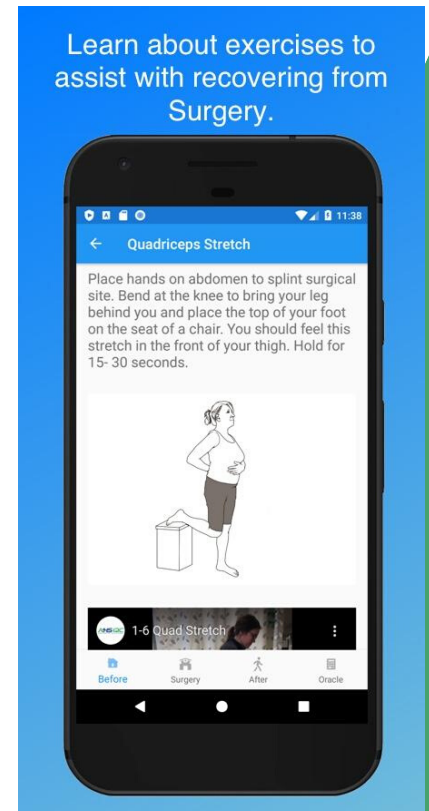


## NEW FOR HERNIA PATIENTS: Abdominal Core Health Mobile App

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- Pain management strategies and opioid information
- Activities and Exercises to help with recovery - including diagrams and videos demonstrating proper technique



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