



Hiatal Hernia Homecare Instructions

1. Drink an 8 oz glass of either room temperature or slightly warm water when you get out of bed first thing in the morning. (No coffee, no tea, no juice, no cold water—just warm water.)
2. While standing, bring your arms straight out from your sides and bend your elbows so your hands are touching your chest.
3. Stand up on your toes as high as possible and drop. You should get a pretty good jolt. Repeat this step 10 times in a row.
4. Then, while standing with your arms up, pant short quick breaths for about 15 seconds. That's it.

The warm water acts like a weight in the stomach. Being warm, it doesn't cause the stomach to cramp. Instead, it relaxes it. Spreading your arms stretches the diaphragm and opens up that hole in the back. Dropping down on your heels jerks the stomach out of the hole and the panting tightens up the diaphragm muscle to close the hole.

If you have a hiatal hernia, you need to do this exercise every day—not just until everything feels normal. It will also strengthen the area and make the hiatal hernia less likely to come back.