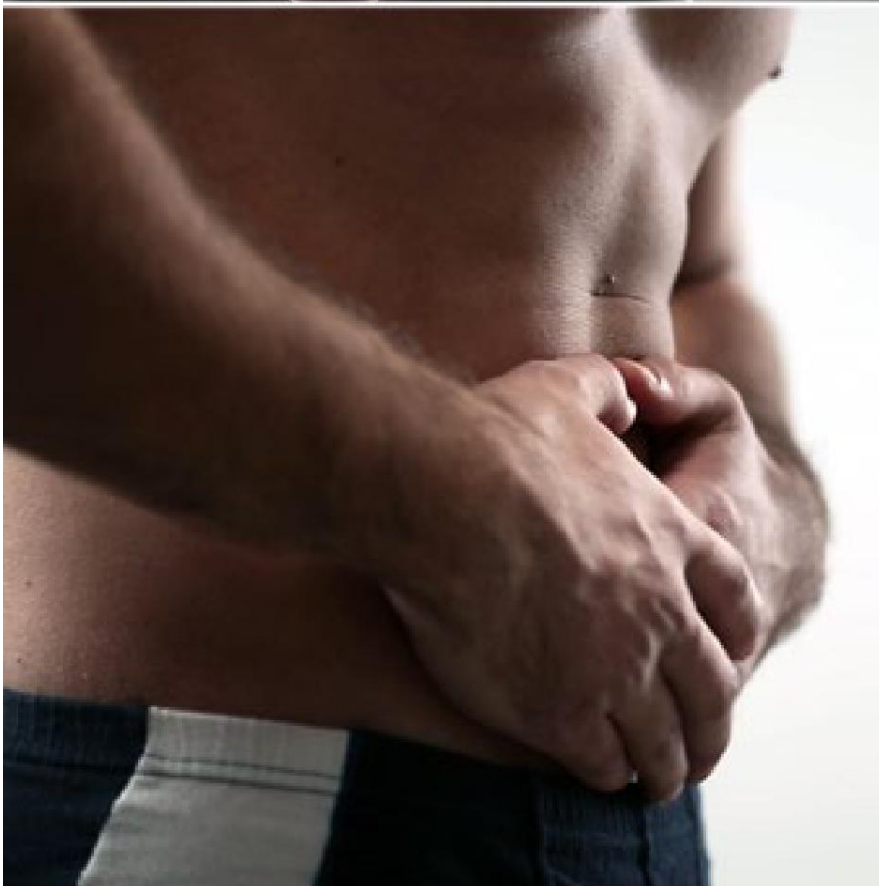
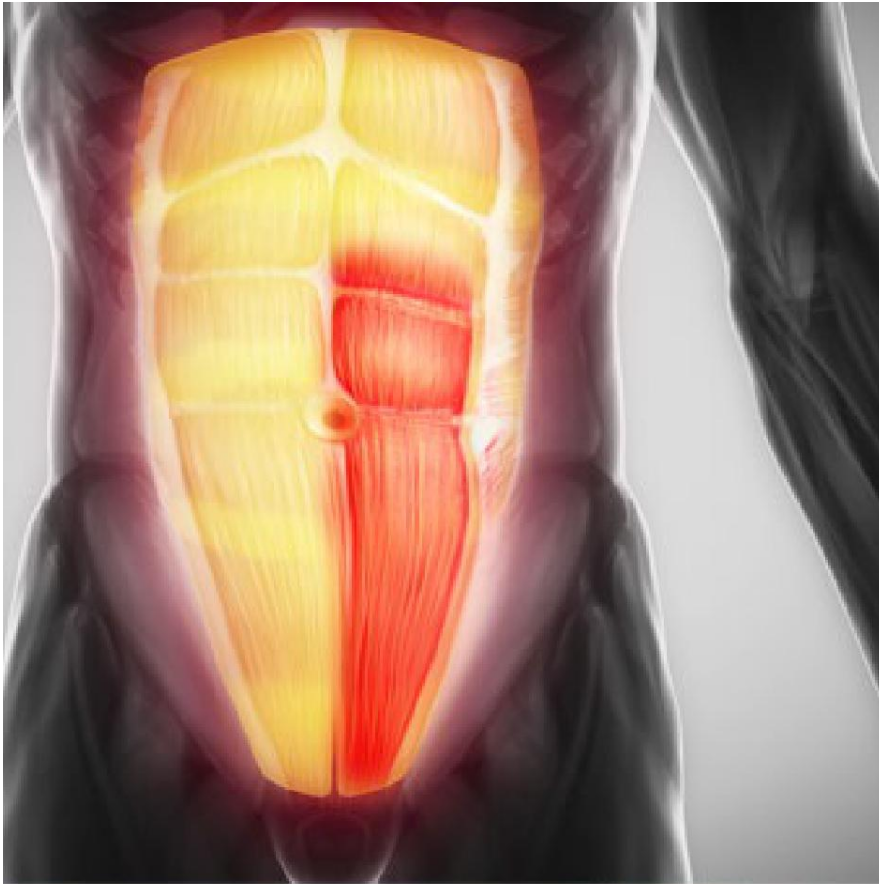




Abdominal Muscle Strain



Overview

This is an overstretching or tearing of one of the muscles of the stomach area. These are in a group of muscles we call the "core" muscles. They support your organs and your spine. They give your torso strength. These muscles play a key role in a wide range of activities, like sitting, standing and walking.

Causes

How do you strain an abdominal muscle? It can happen when you do an activity that stresses your core over and over again. You can strain an abdominal muscle by lifting something heavy. It can happen if you repeatedly sneeze or cough. It can also result from an injury, like a road accident or a fall.

Symptoms

What are the symptoms? You'll feel pain when you do activities that stress your core. You may feel stiff. You may have muscle spasms in your stomach area. It may hurt when you cough, sneeze and laugh. And, you can have tenderness, swelling and bruising.

Treatment

How do we treat it? Your strain will heal with time. Avoid activities that stress these muscles. Heating pads and cold compresses may help with pain and healing. Medications can help you feel better. Stretching and strengthening exercises may help, too. Your doctor will create a care plan that's right for you.