Additional Maneuvers to Reduce a Hernia

If the mass is not present:
  o Is the testis palpable on the side the mass was seen?
    ▪ If yes, try to elicit presentation of the hernia using the following techniques:
      ▪ In infants, vigorous crying (elicited by removing them from the mother to the examining table, by removing their bottle or something they are interested in, or by holding down both legs so the infant cannot move them) can cause increased intra-abdominal pressure and elicit the hernia
      ▪ In children old enough to cooperate, have them stand, and ask them to take a deep breath and push and hold it (I usually ask them to make their eyes pop out!)
      ▪ In teenagers, the hernia exam can be done as it is done in adults, with the teen standing, and the examining finger in the canal at the external ring as the teen does a Valsalva maneuver or coughs