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Surgery puts enormous stress on the body. It puts patients at risk for complications, which can slow recovery. But taking time to get into optimal shape before elective surgery can vastly improve a patient's chances for a speedy recovery, says Katie Starr, Vivo chief scientific officer with the VA POSH (Perioperative Optimization of Senior Health) at the Durham VA Medical Center in Durham, North Carolina. Essentially, the healthier a person is before surgery, the better equipped their bodies are to overcome the stress responses produced during surgery. But many people have compromised immune systems due to advanced age or a medical condition, [alpha surge male performance support alpha surge male vitality formula alpha surge male muscle builder](#) testosterone booster making it more difficult for them to bounce back after surgery. One such approach is prehabilitation. Where Does Prehab Come From? How Does Prehab Work? Who Is Prehab For? Prehab is a new buzzword in patient care that takes a proactive approach using exercise and nutrition training to treat at-risk patients before they undergo elective surgery. Most people are familiar with rehabilitation, the medical specialty that helps people regain lost body functions due to medical conditions or [Alpha Surge Male product page](#) injury.

For example, people who have undergone hip replacement surgery usually require extensive rehab to help them rebuild muscle strength and [Alpha Surge Male supplement support](#) regain function and mobility. Like rehab, though, prehab takes time. Cardiovascular improvements can be seen in as little as three weeks. But four to eight weeks of prehab before surgery is necessary for patients to see strength gain. Where Does Prehab Come From? In 1997, in an effort to improve postoperative outcomes of patients, a group of general physicians from Europe developed Enhanced Recovery After Surgery (ERAS). The method employs practices designed to reduce a patient's hospital stay, complication rates, recovery period and economic costs. Through the years, the protocol has evolved to include practices such as patient and [Alpha Surge Male product page](#) family education, pain management and nutrition recommendations. It also involves optimizing patients' health before surgery - the keystone of prehabilitation. The type of surgery and the patient's needs dictate the type of prehabilitation needed. Muscular strength: Prehab is often used in patients undergoing joint replacement surgery to build muscle mass in order to support the body and provide mobility as the affected area recovers.

For example, an 84-year-old man was prehabilitated before knee replacement surgery to strengthen his upper body. The prehab focused on his arm strength so he could lift himself in and out of chairs and his bed until his could apply pressure on his rebuilt knee. Just like with function and cardiorespiratory and physical function, we know that nutritional status is going to decline in the hospital setting," Starr says. "We want to make sure we do everything we can on the front end to help mitigate that on the back end. Healthier people in better physical shape are less likely to see much gain with prehab, Starr says. But those who are unfit stand [Alpha Surge Male product page](#) to see "amazing gains" from achieving optimal health before surgery. They want to remain independent and they want to remain in their homes. If they want to do that, we've got to be sure that we optimize the muscles before going into surgery, and that includes both prehab and nutrition," Starr says. "That's what we're trying to do: Reduce the insult caused by surgery and get them home and back active and back to their baseline as soon as possible.

Studies on the effectiveness of prehabilitation vary. One meta-analysis of several studies of adults undergoing knee or hip replacement for osteoarthritis found that pre-surgical exercise had no significant post-surgery benefit on function, quality of life and pain. However, [Alpha Surge Male product page](#) they did find that prehab may reduce admission to rehabilitation in this population. Furthermore, postoperative outcomes, including complications, 30-day mortality and 30-day readmissions, were better than predicted based on the National Surgical Quality Improvement

Program Surgical Risk Calculator. Bottom line, [Alpha Surge Male product page](#) there is enough evidence to support the benefits of prehabilitation that the American College of Surgeons has launched a program called Strong for [alpha surge male supplement](#) Surgery focused on identifying and [Alpha Surge Male product page](#) evaluating evidence-based practices aimed at optimizing the health of patients before they go under the knife. Although she likely never used the term “prehab” to describe her workouts, the late Supreme Court Justice Ruth Bader Ginsberg was open about keeping up her exercise regimen through numerous cancer diagnoses and surgeries.

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