

Special Issue

Clinical Advancements in Preoperative Optimization for Patients Undergoing Colorectal Surgery

Message from the Guest Editor

Prehabilitation, the process of optimizing a patient's physical and mental health before surgery, has emerged as a transformative approach in colorectal surgery. This proactive strategy aims to enhance patient outcomes by addressing modifiable risk factors before the surgical intervention. In recent years, clinical advancements in prehabilitation have focused on tailored exercise programs, nutritional optimization, psychological support, and multimodal approaches that integrate these components. Innovations in technology, such as remote monitoring and virtual coaching, have expanded access to prehabilitation programs, making them more inclusive and adaptable to diverse patient populations. As research continues to refine these strategies, prehabilitation is becoming an essential component of colorectal surgery care, paving the way for better outcomes and a patient-centered approach to surgical recovery.

- preoperative optimization
- colorectal surgery
- postoperative recovery
- complication
- clinical innovations

Guest Editor

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