PROJECT VETSPAN

BEFORE YOUR NEXT SURGERY

Surgical Performance Checklist

Protect the most important instrument in the operating room - you.

BEFORE THE CASE

- ☐ **Prepare your environment**
  Bring the work surface up when you can. Set the OR for the tallest primary surgeon. Choose tools that fit the task and your hands.
- ☐ **Prepare yourself**
  Fuel with protein and quality carbohydrates. Find your core. Start in a strong position.

DURING THE CASE

- ☐ **Stay aware**
  Notice posture drift. Invite a teammate to cue you when your position changes. Check in at start, peak strain, and closure.
- ☐ **Reset**
  During natural pauses: chin tuck, relax your shoulders, and move briefly. Take a 30-60 second microbreak when feasible.

AFTER THE CASE

- ☐ **Recover**
  Move before sitting. Refuel. Hydrate.
- ☐ **Learn**
  If something hurts, track the task and your symptoms. Look for patterns over time.

REMEMBER

Reduce unnecessary stress. Load tissue with purpose and intention to gain strength. Small changes repeated consistently protect surgical performance.

Need a partner?

For custom coaching and consulting to improve your surgical team's performance and durability, connect with Aaron.

Aaron Shaw, OTR/L, CHT, CSCS
Founder, Project Vetspan

info@ProjectVetspan.com
ProjectVetspan.com