

Effect of short-term pretrial practice on surgical proficiency in simulated environments: a randomized trial of the "preoperative warm-up" effect.

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Kahol K, Satava RM, Ferrara JJ, et al. Effect of Short-Term Pretrial Practice on Surgical Proficiency in Simulated Environments: A Randomized Trial of the "Preoperative Warm-Up" Effect. *J Am Coll Surg*. 2008;208(2). doi:10.1016/j.jamcollsurg.2008.09.029.

<https://psnet.ahrq.gov/issue/effect-short-term-pretrial-practice-surgical-proficiency-simulated-environments-randomized>

Performance of warm-up exercises appeared to reduce the negative effects of [fatigue](#) on surgical skills.