

# **Prehabilitation Market Size, Share & Trends Analysis Report By Service (Physical Therapy, Nutritional Counseling, Psychological Support), By Application (Orthopedic Surgery, Oncology, Others), By Region, And Segment Forecasts, 2026 - 2033**

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## **Abstracts**

The global prehabilitation market size was estimated at USD 1.1 billion in 2025 and is projected to reach USD 1.7 billion by 2033, growing at a CAGR of 5.5% from 2026 to 2033. This growth is attributed to increasing surgical volumes, a rising burden of chronic diseases, growing focus on preventive healthcare, proven clinical benefits, digital health advancements, and the need for cost optimization, collectively driving market expansion.

The section below outlines the key factors driving market growth, highlighting the rising volume of surgical procedures, increasing prevalence of chronic diseases, and the growing aging population. It also examines the role of preventive care approaches, personalized preoperative programs, and digital health solutions in improving patient outcomes and establishing prehabilitation as an essential component of perioperative care.

### **Increasing Surgical Procedures And Need For Better Outcomes**

The growing number of surgical procedures is driving demand for prehabilitation to improve patient readiness and recovery. Prehabilitation helps enhance physical fitness, reduce complications, and shorten hospital stays, making it an essential component of modern perioperative care. In January 2025, a study done by BMJ suggests that over 300 million surgical procedures are performed each year globally, highlighting the rapidly increasing surgical volume and the growing need for prehabilitation to improve

patient outcomes and recovery. In addition, it supports better postoperative outcomes and reduces healthcare costs by minimizing readmissions and recovery time.

### Expansion of Rehabilitation Networks and Increasing Access to Prehabilitation Services

The expansion of outpatient rehabilitation networks and increasing accessibility to specialized prehabilitation services are supporting market growth by enabling early intervention and improved patient outcomes. For instance, in June 2024, Ivy Rehab Physical Therapy opened a new clinic in Hamilton, New Jersey, offering prehabilitation programs alongside physical therapy services, as part of its broader network expansion to enhance patient access to preventive and preoperative care.

### Global Prehabilitation Market Report Segmentation

This report forecasts revenue growth at global, regional, and country levels and provides an analysis of the latest industry trends in each of the sub-segments from 2021 to 2033. For this study, Grand View Research has segmented the global prehabilitation market report based on service, application, delivery mode, and region:

#### Service Outlook (Revenue, USD Billion, 2021 - 2033)

Physical Therapy

Nutritional Counseling

Psychological Support

Respiratory Therapy

Others

#### Application Outlook (Revenue, USD Billion, 2021 - 2033)

Orthopedic Surgery

Oncology

Cardiac Surgery

General Surgery

Others

Delivery Mode Outlook (Revenue, USD Billion, 2021 - 2033)

In-person / Center-based

Home-based

Virtual / Digital

Hybrid

Others

Regional Outlook (Revenue, USD Billion, 2021 - 2033)

North America

U.S.

Canada

Mexico

Europe

UK

Germany

France

Italy

Spain

Denmark

Sweden

Norway

Asia Pacific

China

Japan

India

South Korea

Australia

Thailand

Latin America

Brazil

Argentina

Middle East and Africa (MEA)

South Africa

Saudi Arabia

UAE

Kuwait

**This report can be delivered to the clients within 3 Business Days**

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