ASO VISUAL ABSTRACT

ASO Visual Abstract: Improving the Breast Surgeon's Ergonomic Workload for Nipple-Sparing Mastectomies Using Exercise and an Operating Room Positioning Protocol

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A prospective study of the mental and physical demands of nipple-sparing mastectomies on the surgeon after implementation of an exercise program and

standardized operating room positioning protocol (<https://doi.org/10.1245/s10434-021-10447-7>).