

Longevity-Focused Rehabilitation: A New Paradigm for Healthspan Recovery

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ABSTRACT

The current model of rehabilitation in medicine primarily focuses on restoring patients to baseline functional status following injury, illness, or surgical intervention; however, in the era of longevity science, we are presented with the opportunity to design rehabilitation pathways that extend beyond recovery toward regeneration and healthspan extension. This 10-minute presentation introduces a longevity-focused rehabilitation model that integrates evidence-based lifestyle medicine interventions targeting inflammation, mitochondrial function, metabolic flexibility, and neuroplasticity to accelerate recovery while simultaneously reversing key drivers of biological aging. Drawing on insights from epigenetic biomarkers, functional diagnostics, and precision lifestyle protocols, the talk will highlight how rehabilitation can evolve into a proactive, biologically informed process aligned with emerging global health priorities, shifting healthcare from reactive disease treatment to proactive longevity promotion. By embedding personalized, upstream interventions into rehabilitation, clinicians can reduce recurrence risk, enhance recovery speed, and improve resilience at both the cellular and systemic levels. Designed for rehabilitation professionals, physicians, and health system leaders, this presentation will provide practical insights into transforming rehabilitation programs into high-impact drivers of healthspan, empowering patients not only to recover but to emerge biologically stronger and more functionally independent than before.