

Patient information

Prehabilitation

Therapies Department

What is Prehabilitation (Prehab)?

“Prehab” is short for “Prehabilitation.” It is a way of preparing your body and mind before your treatment or surgery. Prehab helps you to be fitter and stronger, like training for a marathon.

Prehab aims to improve your treatment results and reduce any side effects which may slow down your recovery. Being better prepared for treatment ensures you can manage your condition, your treatment, and keep doing the things that are important to you.

What does the Prehab Programme at Liverpool University Hospitals involve?

You will be invited for a one-to-one assessment with a member of the Prehab team. We will assess your current activity levels and prescribe a personalised activity plan to help improve your strength and fitness before your treatment.

We will assess your current nutritional status and will give advice for your personal nutritional needs.

We will support your mental and emotional wellbeing with personalised coping strategies.

We will also find out about limitations you may have with day-to-day activities and make sure plans are in place for after your treatment to aid these.

We will invite you to attend optional group exercise sessions or one-to-one follow up during, or in the lead up to, your treatment.

Why should I come to Prehab?

1. Being physically active and eating well can improve your fitness for treatment or surgery. They help improve treatment results and reduce complications, meaning you can get home from hospital quicker.
2. You will have more control over your physical and mental health whilst you are waiting for treatment or surgery to start.
3. Group sessions can provide a support network of people who understand what you are going through.
4. Prehabilitation is endorsed by the Royal College of Anaesthetists.

What do I need to wear and bring?

- Loose, comfortable clothing that does not restrict your movements and footwear which is well fitting and provides good grip.
- If you suffer from any medical conditions which may be affected by exercise then it is important that you bring your medications along with you (e.g. inhalers)

Where can I find more information?

The Royal College of Anaesthetists have useful information and a video on their website to guide you whilst you await your Prehab appointment.

Use this url: <https://rcoa.ac.uk/patient-information/preparing-surgery-fitter-better-sooner>

Alternatively, you can scan this QR code:



To speak to The Prehab Team please call 0151 529 2730

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

If you need any further information, please contact the Prehabilitation Team on 0151 529 2730.

Text phone number: 18001 0151 529 2730

Author: Prehabilitation Team, Therapies Department

Review date: October 2026

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونية.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایمن تراسته‌وه په‌سهند کراون، نه‌گهر داوا بکریت له فورماته‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گه‌وره، شریتی ده‌نگ، هیلی موون و نه‌لیکترونیکی هیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.