

Preoperative Exercise Program (“Prehabilitation”) for ERAS-Gyn

Your physician may recommend that you initiate a formal exercise program to increase your fitness before surgery. This is called “Prehabilitation.” Recent studies show that prehabilitation may improve: symptoms and quality of life during chemotherapy and/or radiation; physical fitness; ability to return to walking after surgery; and ability to engage in self-care after surgery.

If your physician recommends Prehabilitation, you will be referred to the Supportive Care Center for a thorough evaluation and treatment program that includes a visit with Physical Medicine and Rehabilitation physician, Physical Therapist, and Supportive Care counselor. This team will identify and address any medical or physical barriers to exercise, evaluate functional impairments, prescribe a personalized exercise program, discuss nutrition and muscle mass, and discuss strategies to increase adherence to exercise. You will be seen by this team through the continuum of your cancer care, including after surgery, so please attend all of your scheduled appointments.

Physical Medicine & Rehabilitation Physician

- Functional assessment for exercise
- Management of musculoskeletal and/or neurological concerns
- Body composition: muscle and protein recommendations
- Symptom assessment

Physical Therapist

- Physical measures
- Individualized exercise program
- Education on precautions for mobility
- Energy conservation

Counselor

- Goal-setting
- Exercise motivation
- Identify psychosocial barriers to exercise

Nurse

- Clinic liaison
- Follow up calls
- Monitor adherence