

Appendix

The key findings of the study are as follows:

1. Patient Acceptance and Safety
 - Patient acceptance of the five-week physical prehabilitation programme was high, with more than 80% of participants attending all the planned outpatient exercise training sessions.
 - The prehabilitation programme was safe, with no substantial side effects reported during the study.

2. Early Recovery Outcomes
 - No significant difference was found between the prehabilitation and usual care groups in terms of median quality of recovery scores on the third day after surgery (prehabilitation: 106 versus usual care: 109).
 - There was also no difference between groups in the number of days spent at home within 30 days after surgery (prehabilitation: 20.5 days versus usual care: 21.5 days).

3. Long-Term Disability Levels
 - At 90 days after surgery, the “prehabilitation group” had lower mean disability levels compared to the usual care group (prehabilitation: 5.3% versus usual care: 14.6%), representing a clinically meaningful difference of 9.3 percentage points.