

Prehab Readiness Checklist

Getting stronger and better prepared before your operation.

NAME _____ SURGERY DATE _____

Before your surgery date

- ☐ **Prehab assessment booked**
Your baseline strength, balance and movement testing.
- ☐ **Exercise plan started**
Supervised sessions plus the home exercises you were given.
- ☐ **Daily walking routine**
Little and often is better than one long walk.
- ☐ **Protein & hydration targets**
Good nutrition supports wound healing and recovery.
- ☐ **Pre-op education completed**
You know what happens on the day and what is expected of you.
- ☐ **Hospital bag & home aids ready**
Including anything you need for getting around at home.

Questions for my team