

Prescription for Prehab

Ready, set, surgery

Prehabilitation (prehab) is about actively preparing for your surgery. Areas of importance for you:



- ☐ **FEELING READY** (managing stress and daily routines before and after surgery)



- ☐ **BEING ACTIVE** (moving more, building strength and participating in activities you enjoy)



- ☐ **EATING WELL** (knowing what foods will help your body prepare and recover)



- ☐ **LIVING WELL** (developing habits to improve health and wellbeing)

- ☐ Your surgeon/provider has referred you to Prehab
- ☐ Enroll in Prehab online at ahs.ca/prehab or call us at 1-888-852-3383



Prehabilitation helps you prepare your body and mind for surgery. It gives you support and information to help you:

- ✓ Feel stronger
- ✓ Reduce feelings of worry
- ✓ Go home from the hospital sooner
- ✓ Heal and recover more quickly
- ✓ Get back to doing what is important to you sooner

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Questions?
prehab@ahs.ca
1-888-852-3383



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