

Cancer Rehab Team

Prehabilitation

**Prehab to Rehab, from your diagnosis
onwards**



What is Prehabilitation?

Prehabilitation (prehab) is a way to prepare your mind and body ahead of future cancer treatment. We know that being diagnosed with cancer can be worrying and overwhelming, but making small changes now can make a big difference to the way that you respond and recover from cancer treatment.

Research shows that you can build muscle and improve your fitness within 2 weeks

Building your physical strength and psychological wellbeing before treatment can help to maximise your treatment effect and reduce further problems and side effects.

What does prehabilitation involve?

- Improving nutrition by 'eating well', focusing on variation & balanced meals
- Increasing physical activity, this can range from gentle walking or gardening to more intensive exercise
- Looking after your mental wellbeing
- Giving up smoking and cutting down on alcohol



For information on lifestyle changes that can make a difference in the time that you have before treatment, please search 'SWAG Prehab' cancer alliance website or at: [Prehab Home - SWAG Cancer Alliance](#). You can also use the QR code below to link directly to the webpage:



Based at the RUH, zone F1:

Cancer Rehab Team prehabilitation service

We offer:

- Further information and referral to support groups and leisure centre schemes
- Monthly group sessions and webinars on topics such as improving your sleep
- Virtual exercise classes

You may also be referred for:

- An initial appointment with our Physiotherapist, Occupational Therapist or Prehab Support Worker
- Group exercise classes at RUH
- Individual home exercise programmes
- Regular check-ins and support including drop-ins with our Prehab Cancer Support worker

The service is supported by our web pages, which have more information and resources.

You can find our web pages on the Royal United Hospital NHS Trust website by searching '**Cancer Rehab Team**' or at: www.ruh.nhs.uk/CancerRehab. You can also use the QR code below to link directly to the webpage:



Please speak to a member of your Oncology or Haematology team to find out more.

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If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

Date of publication: June 2025 | Ref: RUH THO/002
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The RUH, where you matter