

# 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)

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

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

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

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- Your surgeon/provider has referred you to Prehab
- Enroll in Prehab online at [ahs.ca/prehab](https://ahs.ca/prehab) or call us at 1-888-852-3383

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Questions?  
[Prehab@ahs.ca](mailto:Prehab@ahs.ca)  
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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