

What is prehabilitation?

Prehabilitation is all about good preparation for your body and mind prior to surgery. Engaging in a prehabilitation programme will reduce your risk of complications and improve your wellbeing now, and in your recovery.

You can find information and resources to help you prepare for your surgery via the links and resources available below.

What support is available?

- **[NHS Inform - Support for people waiting on hip or knee replacement surgery](https://www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints/self-management-advice/support-for-people-waiting-on-hip-or-knee-replacement-surgery/)**
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- **[Nuffield Health Joint Pain Programme](http://www.nuffieldhealth.com/our-impact/healthy-life/joint-pain-programme)**: Nuffield Health are currently delivering a six-month joint pain programme for patients in Lothian. This includes 12 weeks of lifestyle advice and exercise sessions led by a Rehabilitation Specialist to equip you with the tools to better manage any pain or discomfort, and to help you prepare for your surgery. If you are interested in learning more about the programme or would like to apply to participate then please visit their website via the link below.
www.nuffieldhealth.com/our-impact/healthy-life/joint-pain-programme
- **Edinburgh Leisure Prehab Programme – Get Fit for Surgery** - Edinburgh Leisure is currently delivering a Get Fit for Surgery programme for patients who live within Edinburgh City Council boundaries and are waiting for Elective Orthopaedic surgery. The programme involves weekly supervised physical activity sessions designed to improve your overall health and wellbeing, including cardiovascular fitness, muscular strength, balance and confidence. If you live in the Edinburgh City Council area and would be interested in participating in the programme, please e-mail loth.orthoprehab@nhslothian.scot.nhs.uk for more information.

- **[Smoking Cessation: Quit Your Way](#)**: As well as improving your overall health, quitting smoking prior to your surgery will reduce your chances of post-op complications and will help to speed up your recovery.

Quit Your Way Scotland is an advice and support service for anyone trying to stop smoking in Scotland. The service can help you to create a personal plan to help you quit, in a way that suits you, and can offer you support and advice.

<https://www.nhsinform.scot/care-support-and-rights/nhs-services/helplines/quit-your-way-scotland>

- **[NHS Lothian Weight Management Service](#)**: The weight management service provides a specialist service which supports individuals to lead a healthy lifestyle, to manage their weight and improve their health. The service's package of support includes specialist assessment; lifestyle intervention programmes; emotional wellbeing and signposting to self-help resources or community services. Their website includes information on how you can self-refer to their service, as well as details of useful resources which may help you to manage your weight yourself.
<https://services.nhsllothian.scot/awmt2d/>
- **[Royal College of Anaesthetists – Fitter Better Toolkit](#)**
- **[NHS Lothian Preparing for Surgery Videos](#)** – NHS Lothian's Vimeo channel features a range of patient information videos on how to prepare for surgery
<https://vimeo.com/channels/1782932/videos>