



Changi
General Hospital
SingHealth

Prehabilitation Programme





You have been recently diagnosed of a condition, of which your doctors are planning for an operation. This is certainly a very challenging time that you are going through.

What if you're told that there is a special medicine that has been strongly proven to improve your post-op recovery and overall well-being ? What if this same medicine can be made easily available to you at low costs, and is also able to reduce your risks of many chronic illnesses (including cancer), without significant side effects ?

This special medicine is called "Exercise".



Delivering Care that Matters.



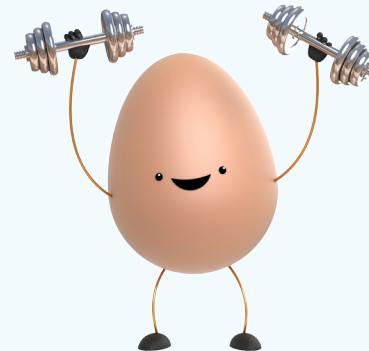
Hand Grip Dynamometer

At the Prehabilitation Programme, we make this wonderful medicine accessible to you right within the comfort of your home. No need for expensive equipment or long hours in the gyms.

We aim to make it personalised, effective and safe for you.

In order to do that, our trained professional will go through a few questions and simple physical tests with you to determine whether you are suitable for the Programme. If yes, you will be directed to a specialist doctor trained in prescribing exercises, who will then give you highly practical and personalised advice on how you can embark on a safe and effective exercise programme. Advice in key areas that support the effectiveness of this exercise programme, such as nutrition and mental health, will also be provided to you according to your needs.

This is a start of our active engagement with you in your journey to recovery, and there will be further follow-ups to monitor your progress and to help you with other issues that you may encounter.



Many patients with similar situations as you can still lead fulfilling lives, when taking active charge of their own health, with the support of their healthcare teams. We wish you a speedy road to recovery and improvement to your longer-term health and well-being !

PATIENTS. AT THE HE  RT OF ALL WE DO.®