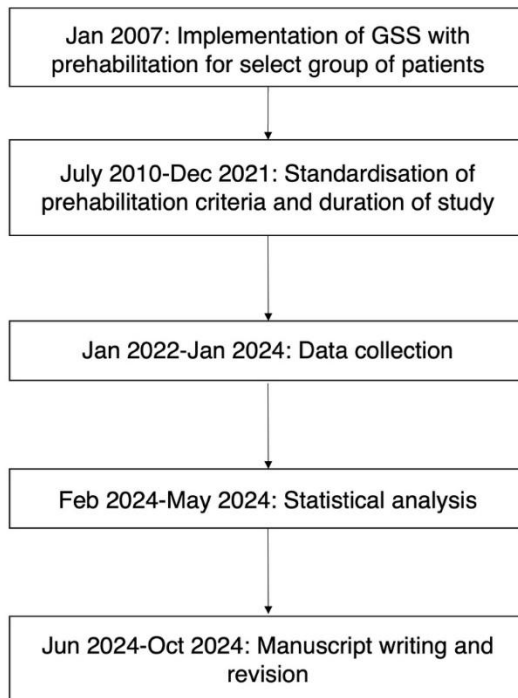


Timeline



Supplementary Figure 1 Timeline tracing key milestones from the inception of our study. GSS: Geriatric surgical service.

Supplementary Table 1 Details on various types of prehabilitation available

	Home-based	Outpatient	Inpatient (community hospital)
Frequency	1. Two sessions per week. 2. Supervised home program by early supported discharge team	1. Two sessions per week. 2. Once patient has completed 4 sessions, physiotherapist will decide on whether more sessions are required. 3. If no further outpatient physiotherapy sessions required, patient will continue with home-based prehabilitation until the day of surgery	Four to five sessions per week
Duration	45-60 minutes	45-60 minutes	30-45 minutes
Type of exercises	1. Cardiovascular - brisk walking (indoor/outdoor). 2. Strength: Upper limb, lower limb and core: (1) No specific set of exercise, depends on specific patient impairments; and (2) Examples: Sit to stand, marching on the spot, standing hip abduction, wall push up, shoulder press, chair lean backs, bird dog 4-point kneeling	1. Cardiovascular: Cycling or treadmill walking. 2. Strength: Upper limb, lower limb and core: (1) No specific set of exercise, depends on specific patient impairments; and (2) Examples: Sit to stand, marching on the spot, standing hip abduction, wall push up, shoulder press, chair lean backs, bird dog 4-point kneeling	Strength: upper limb, lower limb and core: (1) No specific set of exercise, depends on specific patient impairments; and (2) Examples: Sit to stand, marching on the spot, shoulder press, double leg heel raises, straight leg raises in bed, clam shells in bed