Prehabilitation is beneficial for patients undergoing elective cardiac surgery with multiple comorbidities or significant deconditioning.

**Class (Strength) of Recommendation**  
Class IIa (Moderate)

**Level (Quality) of Evidence**  
Level B-NR (Non-randomized)

### Main Points

- Exercise is one component of an intervention that increases functional capacity, improves the health status, decreases sympathetic over-reactivity, improves insulin sensitivity, and increases lean body mass to body fat ratio.

- For cardiac surgery patients, prehabilitation may improve physical and psychological readiness for surgery.

- A cardiac prehab program should include nutrition optimization (N), exercise training (E), and anxiety (W for worry) reduction (also referred to as the ‘NEW’ approach).

- Prehab opportunities are limited by the urgency of surgery.

- More studies demonstrating a direct effect of improving functional capacity on operative outcomes are needed.

### Key References


