**Supplemental Table.** Descriptions of Prehabilitation Exercises

|  |  |
| --- | --- |
| **Exercise** | **Description** |
| **Abdominal Bracing** | Begin either seated or lying flat. Place your hands on your abdomen. First inhale, then as you exhale, flex your abdomen so that it pushes your hands away with your muscles. Hold for 5 seconds. Release and repeat. |
| **Bridge** | Start by lying on your back with the knees bent and feet flat on the floor. Push from your heels as you lift your hips towards the ceiling, raising your back off of the floor until shoulder level. Slowly lower your hips back to resting position. Repeat. |
| **Chest Press** | If utilizing body weight or free-weights, begin by lying flat upon the floor. Start by abducting your shoulders by 90 degrees and positioning your elbows in an upright position, with your forearms at a 90 degree position to your upper arms against the floor. Hold one weight in each hand. Exhale and press your arms forward, extending your arm fully until there is only a small bend in the elbow. Inhale and bend the elbows back to a neutral position against the ground. Repeat.If using a resistance band, you may rather position yourself sitting upright in a chair. The middle of the band should be placed behind the chair with each end of the hand held firmly in each hand. Perform the same motions as described above.  |
| **Hip Abduction to Adduction** | Begin by standing either behind a chair or facing a wall. Utilize either the chair or wall for support. Begin the exercise by extending your right leg laterally, out to the side, as far as is comfortable. Slowly bring the leg back towards center and continue extending it across your body. This is one repetition. Repeat both outward and inward motions for a full set before switching legs.  |
| **Lying Triceps Extension** | Start by lying flat against the floor. If using weights, place one in each hand. Begin with the arms extended forward from your shoulders and with your elbows bent towards your head at 90 degrees. As you inhale, bend your elbow further so that your hands +/- weights come behind your ears. Then, as you exhale, extend your arms fully until there is only a small bend in the elbow. During this motion, it is imperative to keep your shoulders still, will all ranging coming from the elbow. Repeat. |
| **Modified Plank** | Begin by lying flat on your stomach with your elbows directly under your shoulders and your forearms flat on the ground. As you exhale, lift only you abdomen, leaving your knees on the ground. Distribute your weight between your elbows and knees. Keep your back straight and core muscles flexed while holding this position for 30 seconds. |
| **Plank** | Lie flat on your stomach. Place your forearms directly under your shoulders so that they lie flat on the ground. Exhale and lift your torso and legs off the ground. Distribute your weight between your feet and forearms. Keep your back straight and core muscles flexed while holding this position for 30 seconds. |
| **Push Up** | Begin in a plank-like position that is modified so that your arms are extended fully so that only your hands and toes are touching the floor. Place your arms directly underneath your shoulders. Your weight should be evenly distributed onto your hands and toes. While keeping your back straight, bend at the elbows as far as you can, but not past 90 degrees. This should lower your chest towards the ground. As you exhale, extend your arms back to the starting position. |
| **Reverse Lunge** | Begin by standing with your feet shoulder-width apart. Step one foot backwards while bending at both the front and back knees so that they are each at 90 degree angles. Ensure that the knee of your front leg does not bend past the toes. Exhale and push through your front foot to return to a standing position. Repeat this motion on one leg for the set, then switch legs. Weights may be held in each hand if desired. |
| **Row** | In a standing position, lean forward towards the floor while keeping your back straight and flexing at the hips. If you choose to use a resistance band, place the middle of the band underneath your feet and grasp the ends. Begin with your arms extended forward, then pull your elbows backwards as you exhale. Keep your elbows next to your body as you pull, bringing your shoulder blades together. As you inhale, extend your arms back to the neutral position.  |
| **Scapular Retraction** | Start in a seated position with your elbows bent and arms facing forward. As you exhale, squeeze your shoulder blades together. Hold this position for 3 seconds. Slowly return to the neutral position. You may hold a resistance band between your hands for increased resistance.  |
| **Seated Knee Raises** | Begin in a seated position with the feet shoulder-width apart. Slowly lift your right knee up to a height approximately at your navel. Then slowly lower your foot back to the ground. Repeat this exercise with one leg for one set and then switch. |
| **Side Leg Lift** | Begin by standing either behind a chair or facing a wall for support. Slowly lift your right leg out to the side while keeping your upper body completely still. Return your leg to neutral. Repeat for a set before switching legs. |
| **Single Leg Bridge** | Start by lying against the floor with your knees bent so that your feet are flat. Extend one leg outwards so that it is completely straight. Lift this leg off of the ground and hold the leg in place. With your bent leg, slowly push your heel into the ground so that your hips up lift off of the ground towards the ceiling. Slowly lower your hips to the ground. Repeat. |
| **Sit to Stands** | Begin seated in a chair with your feet shoulder-width apart. Place your arms across your chest. Utilize your core and leg muscles to push from your heels to stand upright. Slowly lower yourself back to a seated position. Repeat. |
| **Squats** | Start in a standing position with your feet shoulder-width apart and your arms across your chest. As you inhale, bend at the knees to lower your body into a seated position. Your hips should push backwards with this motion. Do not allow your knees to come forward past your toes. As you exhale, push through your heels to return to a neutral standing position. Repeat. Weights may be used if desired. |
| **Standing Hamstring Curl** | Begin standing behind a chair, holding the back of the chair for stability. Bend your right knee so that your foot raises off the ground until your knee is at 90 degrees. Lower your leg to neutral. Repeat for one set before switching legs. |
| **Triceps Kickbacks** | It is best to use light weights or water bottles for this exercise. Begin seated in a chair. Lean forward, bending at the hips. Hold a weight in each hand and bend your elbows upwards to 90 degrees, while keeping your elbows next to your side. As you continue to lean forward, extend your arms backwards until they are straight. Return to neutral where your elbows are bent at your side. Repeat.  |
| **Wall Pushup** | Stand facing a wall with your feet approximately 6 inches away. Keeping your feet in one position, lean forward so that your hands are placed shoulder-width apart against the wall. Slowly bend at the elbows, bringing your body closer to the wall. As you exhale, push your body away from the wall, back to the starting position. Repeat. |