

Supplementary material has been published as submitted. It has not been copyedited, typeset or checked for scientific content by Journal of Rehabilitation Medicine

Table SI. Description of physiotherapeutic prehab intervention.

Exercise	Content	Volume	Dosage	Frequency
Warm-up	– Cycling or walking	≥ 5 min	– Intensity: Underloaded (RPE < 3)	Before session
Aerobic Training (optionally at home)	– Cycling on a stationary bicycle or walking on a treadmill or crosstrainer	10–60 min	– Continuous: 40%–70% HF _{max} – Interval: 3–12x 5 min, RPE 7–10/10 – Difficulty: Levels 1–3	2–7x/wk
Strength Training Lower Extremities	– Extensors – Flexors – Abductors	2–5 exercises	– Intensity: KRS 1–4 – Difficulty: Levels 1–3	2–7x/wk
Sensorimotor Training	– Balance exercises for lower extremities – Gait exercises	1–3 exercises	– Intensity: 5x 10–60 sec – Difficulty: Levels 1–3	3–7x/wk
Mobility Training	– Knee flexion – Knee extension	1–2 exercises	– Intensity: 20x 10–20 sec; < NRS 4 – Difficulty: Levels 1–3	3–7x/wk
Patient Education	– Perioperative procedures – Pain education – Preparation of home – Mobility in ADLs (Transfers) – Walking with crutches – Postoperative exercises – Fear avoidance beliefs – Protective postures	10–15 min	– Selected and adapted according to individual needs	1–2x/wk
Cool-down	– Cycling or walking	≥ 5 min	– Intensity: Underloaded (RPE < 3)	After session

ADL: activities of daily living; HF_{max}: maximum heart frequency; KRS: Kraft Rehabilitationssystem; postop: postoperative; RPE: rate of perceived exertion; wk.: week.