



Upper GI Surgery Pathway

Patient Journey

Neo-adjuvant
chemo

Cancer
Diagnosis

Refer for CPET

Age >60 or METs <4 or
Performance score > 1

Check
DASI
NTproBNP

Chemo

Recovery

Prehab

Supervised exercise prescription
2x weekly HIIT and resistance
Other days 30 min cardio
Nutritional support

Supervised exercise prescription
Increasing 3x weekly HIIT and resistance
Other days 30 min cardio
Nutritional support

CHRISTIES

SALFORD

Surgery

6 weeks post-surgery

Chemo

Rehab

Supervised exercise prescription
2x weekly HIIT and resistance
Other days 30 min cardio
Nutritional support

CHRISTIES