Supplementary

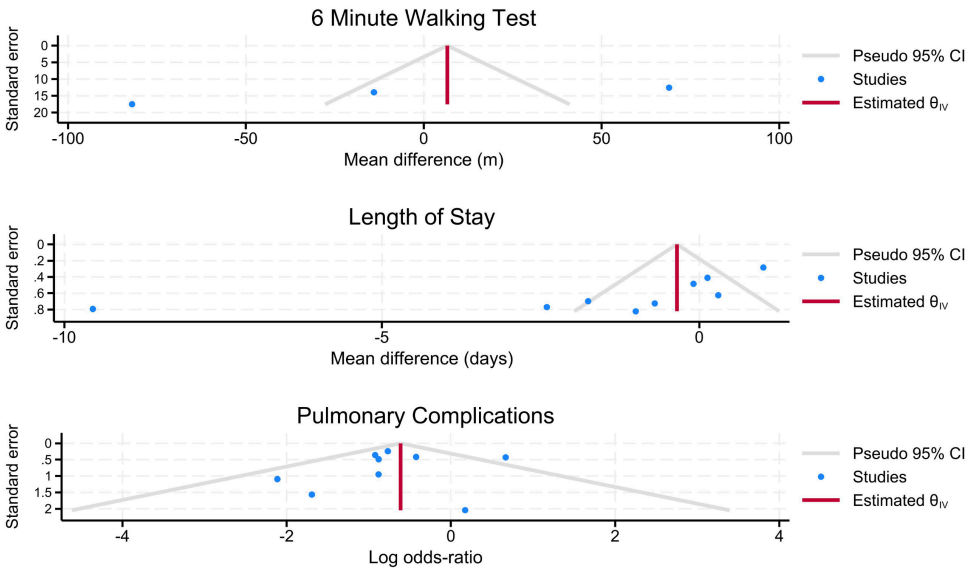


Figure S1

Figure S2

https://cdn.amegroups.cn/static/public/JTD-2026-2358-Figure S2.pdf

Figure S3

https://cdn.amegroups.cn/static/public/JTD-2026-2358-Figure S3.pdf

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Table S1

Study	Elective	Surgery (%) (Segmentectomy/Lobectomy/Pneumonectomy/Others)		Approach (%) (VATS/RATS/open surgery)		Neodadjuvant therapy (%) (Chemo/Radio/Immuno/none)		Duration of surgery in minutes (Mean ± SD)	
		PG	CG	PG	CG	PG	CG	PG	CG
Licker et al. (19)	yes	16.2/66.2/17.6*/ns	19.5/59.7/22.1*/ns	16.2/ns/ns	18.2/ns/ns	8.1/ns/ns/ns	11.7/ns/ns/ns	160 (63)	161 (54)
Garcia et al. (12)	yes	ns	ns	100/0/0	100/0/0	no**	no**	ns	ns
Huang et al. (20)	yes	PG1: 100/0/0 PG2: 100/0/0	100/0/0	PG1: 56.7/0/43.4 PG2: 66.7/0/33.3	63.3/0/36.7	ns	ns	ns	ns
Liu et al. (13)	yes	ns	ns	100/0/0	100/0/0	no	no	144.7 (49.5)	146.1 (43.3)
Ferreria et al. (14)	yes	6/54/ns/41	12/60/ns/28	58/0/42	53/0/47	14***	7***	ns	ns
Minella et al. (15)	yes	ns/67/0/33	ns/62/0/38	78/ns/18	81/ns/16	31***	36***	ns	ns
Zheng et al. (16)	yes	39.57/31.55/ns/28.88	37.43/35.29/ns/27.28	ns	ns	ns	ns	119.34 (51.11)	119.74 (43.49)
Alzahrani et al. (17)	yes	3.5/71.9/1.8/22.8	7/64.9/0/28.1	40/0/60	43.3/0/56.7	ns	ns	ns	ns
Chen et al. (18)	yes	ns	ns	ns	ns	no	no	195 (69.06)	276.84 (79.2)

*(incl. Bilobectomy); **6 months prior; *** total; PG: Prehabilitation Group; CG: Control Group; ns: not specified; PG1: Prehabilitation Group 1; PG2: Prehabilitation Group 2.

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Table S2

Studies	Randomization process	Deviations from intended intervention	Missing outcome data	Measurement of the outcome	Selection of reported result	**Overall risk of bias***
	Low risk/Some concerns/High risk					
Licker et al. (19)	Low risk	Low risk	Low risk	Low risk	Some concerns	**Some concerns**
Garcia et al. (12)	Some concerns	High risk	Low risk	Low risk	Low risk	**High risk**
Huang et al. (20)	Some concerns	Low risk	Low risk	High risk	Some concerns	**High risk**
Liu et al. (13)	Low risk	Low risk	Low risk	Low risk	Some concerns	**Some concerns**
Ferreira et al. (14)	High risk	Some concerns	High risk	Low risk	Some concerns	**High risk**
Zheng et al. (16)	Low risk	Some concerns	Low risk	Low risk	Low risk	**Some concerns**
Chen et al. (18)	Low risk	Low risk	Low risk	Low risk	Some concerns	**Some concerns**

*According to Cochrane Risk of Bias Tool 2.

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Studies	Confounding bias	Classification of intervention	Selection into study	Missing data	Measurement of the outcome	Selection of reported result	Overall risk of bias**
	Low risk/Moderate risk/Serious risk/Critical risk						
Minnella et al. (15)	Serious risk	Low risk	Low risk	Critical risk	Serious risk	Serious risk	**Critical risk**
Alzahrani et al. (17)	Serious risk	Low risk	Low risk	Serious risk	Low risk	Serious risk	**Serious risk**

** According to ROBINS-I_V2.

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