Figure 1. The patient pathway and the time points of assessments

Potential patient identified by the surgical team and multidisciplinary team after CT Chest/Abdomen/Pelvis and MRI Pelvis

Post-diagnosis out-patient visit & patient information

Baseline: Patient consent and CPET (1 – 2 weeks following diagnosis)

Neoadjuvant chemoradiotherapy (5 weeks)

STANDARD CARE PATHWAY

Usual Care Control Group
Standard care (no formal exercise intervention)

CPET & 3 Day Activity Monitoring (week 0, 3, 6)

Exercise Intervention Group
Supervised in-hospital exercise training

Re-staging abdominal and pelvic CT, pelvic MRI (end of week 9)

Re-staging abdominal and pelvic CT, pelvic MRI (end of week 9)

Surgery (Week 10 - 14)

STANDARD CARE PATHWAY

Definitions-
CPET – Cardiopulmonary exercise test
CT - Computerized Tomogram
MRI – Magnetic Resonance Imaging