

Supplementary Material 1. Details of the search strategy

MEDLINE search strategy

1 Search (((("Colorectal Neoplasms"[Mesh] OR ("Neoplasms"[Mesh] OR carcinoma*[tiab] OR neoplas*[tiab] OR tumour*[tiab] OR tumor*[tiab] OR cancer*[tiab] OR "cancer"[sb] OR oncolog*[tiab] OR malignan*[tiab] OR carcinogen*[tiab] OR oncogen*[tiab] AND (colorectal*[tiab] OR colon*[tiab] OR rectal*[tiab]))))))

2 Search "surgery"[Subheading] OR "Surgical Procedures, Operative" [Mesh] OR "Surgeons"[Mesh] OR "Perioperative Period"[Mesh] OR "Perioperative Care" [Mesh] OR "Preoperative Care" [Mesh] OR "Perioperative Care" [Mesh:NoExp] OR surger*[tiab] OR surgical*[tiab] OR surgeon*[tiab] OR operation*[tiab] OR operative*[tiab] OR perioperati*[tiab] OR "preoperati" [tiab] OR "pre operati" [tiab] OR peri operati*[tiab] OR anesthe*[tiab] OR anaesthe*[tiab] OR incisi*[tiab] OR excisi*[tiab] OR invasive*[tiab] OR Prehab*[tiab]

#3 Search #1 AND #2

#4 Search "Exercise Therapy"[Mesh] OR "Exercise"[Mesh] OR "Physical Education and Training"[Mesh] OR "Exercise Movement Techniques"[Mesh] OR remedial exercis*[tiab] OR exercise therap*[tiab] OR rehabilitation exercis*[tiab] OR exercis*[tiab] OR physical activit*[tiab] OR physical exercis*[tiab] OR aerobic exercis*[tiab] OR "exercise training" [tiab] OR isometric exercis*[tiab] OR (Physical Education*[tiab] AND training) OR exercise movement Techni*[tiab] OR "prehabilitation" [Mesh] OR "rehabilitation" [Mesh]

#5 Search #3 AND #4

Embase search strategy

#1 'colorectal tumor'/exp

#2 'neoplasm'/exp

#3 ('carcinoma*' or 'neoplasm*' or 'tumour*' or 'tumor*' or 'cancer*' or 'oncolog*' or 'malignan*' or 'carcinogen*' or 'oncogen*');ab,ti

#4 2 or 3

#5 'colorectal*':ab,ti OR 'colon*':ab,ti OR 'rectal*':ab,ti

#6 4 and 5

#7 1 or 6

#8 'surgery'/exp

#9 'surgeon'/exp

#10 'perioperative period'/exp

#11 'preoperative period'/exp

#12 ('surger*' or 'surgical*' or 'surgeon*' or 'operation*' or 'operative*' or 'perioperati*' or 'preoperati*' or 'pre operati*' or 'peri operati*' or 'anesthe*' or 'anaesthe*' or 'incisi*' or 'excisi*' or 'invasive*' or 'Prehab*' or 'prehabilitation' or 'rehabilitation');ab,ti

#13 8 or 9 or 10 or 11 or 12

#14 ('remedial exercis*' or 'exercise therap*' or 'rehabilitation exercis*' or 'exercis*' or 'physical activit*' or 'physical exercis*' or 'aerobic exercis*' or 'exercise training*' or 'isometric exercis*' or 'exercise movement techni*');ab,ti

#15 'kinesiotherapy'/exp

#16 14 or 15

#17 7 and 13 and 16

#18 17 AND 'article'/it

#19 17 AND 'article'/it AND [english]/lim

Cochrane Central Register of Controlled Trials (CENTRAL) search strategy

#1 ("colorectal neoplasm*" or ((neoplasm* or carcinoma* or tumour* or tumor* or cancer or oncol* or malignan* or carcinogen* or oncogen*) and (colorectal or colon* or rectal*)))

#2 surger* or "operative surgical procedure*" or surgeon* or "perioperative period" or "perioperative care" or "preoperative care" or surgical* or operation* or operative* or perioperati* or preoperati* or pre operati* or peri operati* or anesthe* or anaethe* or incisi* or excisi* or invasive* or prehab*

#3 ((exercise* and therap*) or "physical education and training" or "exercise movement technique*" or "remedial exercis*" or "rehabilitation exercis*" or exercis* or "physical activit*" or "physical exercis*" or "aerobic exercis*" or "exercise training" or "isometric exercis*")

#4 #1 AND #2

#5 #4 AND #3

In trials

Scopus search strategy

#1 TITLE-ABS-KEY("colorectal neoplasm*" OR ("neoplasm*" OR "carcinoma*" OR "tumour*" OR "tumor*" OR "cancer" OR "oncol*" OR "malignan*" OR "carcinogen*" OR "oncogen*") AND ("colorectal" OR "colon*" OR "rectal*"))

#2 "surger*" OR "operative surgical procedure*" OR "surgeon*" OR "perioperative period" OR "perioperative care" OR "preoperative care" OR "surgical*" OR "operation*" OR "operative*" OR "perioperati*" OR "preoperati*" OR "pre operati*" OR "peri operati*" OR "anesthe*" OR "anaethe*" OR "incisi*" OR "excisi*" OR "invasive*" OR "prehab*"

#3 (("exercise*" AND "therap*") OR "physical education and training" OR "exercise movement technique*" OR "remedial exercis*" OR "rehabilitation exercis*" OR "exercis*" OR "physical activit*" OR "physical exercis*" OR "aerobic exercis*" OR "exercise training" OR "isometric exercis*")

#4 #1 AND #2

#5 #4 AND #3

(LIMIT-TO (PUBSTAGE, "final")) AND (LIMIT-TO (DOCTYPE, "ar")) AND (LIMIT-TO (LANGUAGE, "English")) AND (LIMIT-TO (SRCTYPE, "j"))