

# Customized Workout Advice for Post-Surgery Recovery

Date: [Insert Date]

Dear [Client's Name],

Congratulations on taking the important step toward your recovery! Based on your recent surgery and current physical condition, I have tailored a workout plan to help you regain strength and mobility safely.

## Post-Surgery Workout Plan

### Week 1-2: Gentle Mobility

- Walking: 5-10 minutes, 2-3 times a day
- Seated leg lifts: 2 sets of 10 repetitions
- Gentle stretching: Focus on the area around the surgical site

### Week 3-4: Gradual Strengthening

- Supine leg raises: 3 sets of 10 repetitions
- Wall push-ups: 2 sets of 8 repetitions
- Light resistance band exercises: 10-15 minutes

### Week 5-6: Increased Intensity

- Walking: 15-20 minutes daily
- Bodyweight squats: 3 sets of 10 repetitions
- Balance exercises: Standing on one leg for 10-15 seconds

Remember to listen to your body, and if any exercise causes discomfort or pain, please stop immediately and consult your physician.

Wishing you a smooth recovery!

Sincerely,

[Your Name]

[Your Title/Position]

[Your Contact Information]