

Post-Surgery Rehabilitation Overview

Date: [Insert Date]

Dear [Patient's Name],

We hope this message finds you well. Following your recent surgery on [Insert Surgery Date], we want to ensure you have a clear understanding of your rehabilitation process. This letter outlines the key aspects of your recovery plan.

Rehabilitation Goals

- Promote healing of the surgical site
- Restore normal function and mobility
- Reduce pain and stiffness
- Enhance overall physical health and strength

Phase 1: Immediate Post-Op Care

During the first week post-surgery, focus on rest, wound care, and following prescribed medication for pain management.

Phase 2: Physical Therapy Introduction

Starting from week two, you will begin gentle physical therapy exercises to improve range of motion.

Phase 3: Strengthening Exercises

At approximately four weeks post-surgery, we will introduce more intensive strengthening exercises.

Follow-Up Appointments

Please schedule follow-up visits on [Insert Dates] to monitor your recovery progress.

If you have any questions or concerns, do not hesitate to contact our office at [Insert Phone Number] or [Insert Email Address].

Wishing you a smooth recovery!

Sincerely,

[Your Name]

[Your Title]

[Clinic/Hospital Name]