

Follow-Up After Occupational Therapy Appointment

Date: [Insert Date]

Dear [Therapist's Name],

I hope this message finds you well. I wanted to take a moment to follow up on my recent occupational therapy appointment on [Insert Appointment Date]. I appreciate the guidance and support you provided during our session.

Since our meeting, I have been working on the exercises and techniques you recommended, and I am starting to notice some improvements in my [specify the area of concern]. I would love to discuss my progress and any additional strategies we can implement in our next session.

Please let me know if there are specific areas you would like me to focus on before our next appointment, and if there are any updates regarding my treatment plan.

Thank you once again for your support. I look forward to our next session on [Insert Next Appointment Date].

Sincerely,
[Your Name]
[Your Contact Information]