

Discharge Summary

Patient Name: John Doe

Patient ID: 123456

Date of Discharge: October 10, 2023

Overview of Rehabilitation Program

John Doe attended the sports injury rehabilitation program from September 1, 2023, to October 10, 2023, following an injury sustained during a soccer match.

Injury Details

Type of Injury: Right Ankle Sprain

Date of Injury: August 30, 2023

Rehabilitation Goals

- Reduce pain and swelling
- Improve range of motion
- Strengthen the injured area
- Restore balance and proprioception
- Gradual return to sport-specific activities

Interventions Provided

The following interventions were implemented during the rehabilitation program:

- Physical therapy sessions (twice a week)
- Therapeutic exercises
- Manual therapy techniques
- Patient education on injury management
- Gradual reintroduction to physical activities

Progress Summary

John has shown significant progress throughout the rehabilitation process. He has achieved:

- Reduction in pain level from 8/10 to 2/10
- Full range of motion restored

- Strength improved to 80% of functional baseline
- Successful completion of sport-specific drills

Discharge Recommendations

Upon discharge, it is recommended that John continues with the following:

- Home exercises to maintain strength and flexibility
- Gradual return to competitive play, with monitoring of symptoms
- Follow-up appointment in four weeks

Conclusion

John has successfully completed the rehabilitation program and is cleared to return to sporting activities with the above recommendations. We commend his dedication and effort throughout his recovery.

Prepared by: Dr. Jane Smith, PT

Signature: _____