

Injury Rehabilitation Exercise Program

Date: [Insert Date]

To: [Client's Name]

From: [Your Name]

Subject: Recommended Exercises for Injury Rehabilitation

Dear [Client's Name],

Based on your recent assessment and the injury you've sustained, I recommend the following exercises to aid in your rehabilitation. Please consult with your healthcare provider before starting this program.

Warm-up Routine

- 5-10 minutes of light cardio (walking, cycling)
- Dynamic stretches focusing on injured area

Strengthening Exercises

1. Isometric Exercises (e.g., wall sits, plank holds) - 3 sets of 10-15 seconds
2. Resistance Band Exercises - 3 sets of 10-12 reps
3. Bodyweight Exercises (modified as necessary) - 3 sets of 8-10 reps

Flexibility and Mobility Work

- Gentle stretching of the affected muscle groups - hold for 15-30 seconds
- Foam rolling post-exercise - 5-10 minutes

Cool Down

5-10 minutes of walking followed by static stretches.

Please ensure to monitor your pain levels and adjust the intensity of exercises accordingly. I recommend performing these exercises [Insert Frequency, e.g., 3 times a week] and keeping a log of your progress.

If you have any questions or need further assistance, feel free to reach out.

Best regards,

[Your Name]

[Your Title]

[Your Contact Information]