

Sports Injury Recovery Plan

Coach Name: [Coach Name]

Player Name: [Player Name]

Date: [Date]

Injury Details

Injury Type: [Type of Injury]

Date of Injury: [Date of Injury]

Medical Assessment: [Details of Medical Assessment]

Recovery Goals

- [Goal 1]
- [Goal 2]
- [Goal 3]

Recovery Timeline

Estimated Recovery Duration: [Duration]

Phased Approach:

1. [Phase 1: Description]
2. [Phase 2: Description]
3. [Phase 3: Description]

Rehabilitation Plan

Physical Therapy: [Details]

Exercises:

- [Exercise 1]
- [Exercise 2]
- [Exercise 3]

Monitoring and Support

Check-in Schedule: [Schedule]

Support Team: [List of Support Persons]

Return to Play Criteria

[Criteria for Return to Play]

Thank you for your attention to this important plan for [Player Name]'s recovery.

Sincerely,

[Coach Name]