

Sports Injury Recovery Plan

Date: [Insert Date]

To: [Client's Name]

From: [Your Name], [Your Title]

Subject: Injury Recovery Plan

Dear [Client's Name],

As discussed, we have developed a tailored recovery plan to facilitate your rehabilitation from the recent sports injury. The following outlines your recovery schedule, key exercises, and guidelines to ensure a safe and effective recovery process.

Recovery Goals

- Reduce pain and inflammation
- Improve mobility and flexibility
- Rebuild strength and stability
- Return to sport safely

Phase 1: Initial Recovery (Weeks 1-2)

- Rest and Ice: Apply ice for 15-20 minutes every 2-3 hours.
- Gentle Mobility Exercises: [List specific exercises].
- Avoid specific movements that exacerbate pain.

Phase 2: Strengthening (Weeks 3-6)

- Begin prescribed strength exercises: [List exercises, sets, and reps].
- Focus on low-impact activities to maintain cardiovascular fitness.

Phase 3: Return to Sport (Weeks 7-12)

- Gradually integrate sport-specific drills.
- Monitor pain levels and modify activities as needed.

Additional Guidelines

- Follow-ups: Schedule weekly check-ins to monitor progress.
- Nutrition: Maintain a balanced diet to support recovery.

- Hydration: Ensure adequate water intake throughout recovery.

Please feel free to reach out if you have any questions or concerns about your recovery plan. Remember, your recovery is a priority, and we are here to support you every step of the way.

Best regards,

[Your Name]

[Your Title]

[Your Contact Information]