

# Sports Injury Recovery Plan

Date: [Insert Date]

Dear [Parent's Name],

I hope this message finds you well. As your child, [Athlete's Name], is recovering from their recent sports injury, we have developed a comprehensive recovery plan to ensure a safe and effective return to the sport.

## Recovery Goals

- Promote healing of the injured area.
- Restore full range of motion.
- Gradually return to athletic activities.

## Phase 1: Initial Care (Weeks 1-2)

- Rest and ice the affected area.
- Use crutches if necessary.

## Phase 2: Rehabilitation (Weeks 3-6)

- Engage in physical therapy sessions twice a week.
- Start light exercises focusing on flexibility.

## Phase 3: Gradual Return to Play (Weeks 7-9)

- Begin non-contact practices.
- Monitor for pain and fatigue.

## Important Notes

Please keep in close communication with the coaching staff and medical team regarding any concerns during the recovery process. If you notice any unusual symptoms, consult your physician immediately.

Thank you for your support and understanding as we work together to help [Athlete's Name] recover fully. Please feel free to reach out if you have any questions.

Sincerely,  
[Your Name]  
[Your Title/Position]  
[School/Organization Name]