

Sports Injury Recovery Plan

Date: [Insert Date]

To: [Client's Name]

From: [Your Name]

Subject: Personalized Training Plan for Injury Recovery

Dear [Client's Name],

I'm glad to hear that you are committed to your recovery. Below is your personalized training plan designed to assist you in safely recovering from your recent injury.

Goals:

- Enhance flexibility and mobility
- Strengthen surrounding muscles
- Gradually reintroduce physical activity

Training Schedule:

- Session 1: [Date & Time] - Focus on gentle mobility exercises
- Session 2: [Date & Time] - Incorporate strength training for adjacent muscle groups
- Session 3: [Date & Time] - Review progress and adjust plan as necessary

Key Exercises:

1. Range of motion exercises
2. Strengthening exercises with resistance bands
3. Stabilization exercises

Precautions:

- Listen to your body and stop if you experience any pain
- Keep hydrated and maintain nutrition
- Consult with your healthcare provider before starting any new exercises

Let me know if you have any questions or concerns. I look forward to supporting you on your journey to recovery!

Best Regards,

[Your Name]

[Your Contact Information]