

Dear [Runner Name],

Welcome to [Program/Clinic Name]! We are excited to support you on your journey toward recovery and peak performance.

Our goal is to help you overcome your current injury and provide you with the tools necessary to prevent future setbacks. Whether you are training for your first 5K or your tenth marathon, our team is dedicated to getting you back on the pavement, trail, or track safely.

Your Recovery Plan Includes:

- A comprehensive biomechanical assessment.
- A personalized rehabilitation exercise program.
- Guidance on gradual return-to-run protocols.
- Strategies for recovery and injury prevention.

What to Bring to Your First Session:

- Your current running shoes.
- Comfortable athletic clothing.
- Any recent scan results or medical notes related to your injury.

We look forward to seeing you at your first appointment on [Date] at [Time]. If you have any questions before then, please feel free to contact us at [Phone Number] or [Email Address].

Keep moving forward,

[Your Name/Company Name]

[Title/Role]

[Website]