

Welcome to [Clinic Name]

Dear [Patient Name],

Welcome to our clinic. We are committed to providing you with immediate, specialized care for your sports-related injury. Our goal is to ensure a safe and efficient recovery so you can return to your peak performance.

Your Initial Appointment:

- **Date:** [Date]
- **Time:** [Time]
- **Provider:** [Doctor/Therapist Name]

What to Bring:

- Valid Photo ID and Insurance Card.
- Any recent X-rays, MRIs, or diagnostic reports related to your injury.
- Comfortable athletic clothing and footwear.

Immediate Care Instructions (R.I.C.E):

Until your appointment, please remember to Rest the injured area, Ice for 15-20 minutes every few hours, apply Compression with a wrap, and Elevate the limb above heart level.

If you have any questions or need to reschedule, please call us at [Phone Number] or email [Email Address].

Sincerely,

[Your Name/Clinic Director]

[Clinic Name]

[Clinic Address]