

[Date]

[Patient Name]

[Patient Address]

[City, State, Zip Code]

Dear [Patient Name],

Welcome to [Clinic/Program Name]. We are pleased to partner with you on your journey to returning to your sport safely and effectively.

Our Return to Play (RTP) program is designed to bridge the gap between clinical rehabilitation and full competitive performance. Our goal is to ensure that you have the strength, mobility, and confidence required to meet the demands of your specific sport while minimizing the risk of re-injury.

**What to Expect:**

- **Initial Assessment:** A comprehensive evaluation of your current physical status and injury history.
- **Sport-Specific Testing:** Functional movement screens and objective strength testing.
- **Progressive Loading:** A structured plan that gradually increases intensity, agility, and contact.
- **Clearance Milestones:** Specific benchmarks that must be met before advancing to the next phase of play.

Your first appointment is scheduled for:

**Date:** [Date]

**Time:** [Time]

**Location:** [Address/Suite Number]

Please wear athletic clothing and the footwear you typically use for your sport. If you have any recent imaging reports (MRI, X-ray) or surgical notes that have not yet been shared with us, please bring them to your appointment.

We look forward to helping you get back in the game.

Sincerely,

[Provider Name]

[Title/Credentials]

[Clinic Name]

[Phone Number]