

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Phone Number]  
[Date]

[Recipient's Name]  
[Recipient's Address]  
[City, State, Zip Code]

Dear [Recipient's Name],

I hope this letter finds you well. I am writing to update you on my recovery process following my knee replacement surgery on [surgery date]. I am pleased to share that my recovery is progressing well. Currently, I am experiencing [describe current state, e.g., manageable pain levels, increased mobility, etc.]. My physical therapy sessions have been focused on [briefly describe therapy goals, e.g., strengthening my muscles, improving range of motion], and I am seeing positive results.

I am following my doctor's post-operative instructions closely, including [mention any specific self-care practices or precautions]. My next follow-up appointment is scheduled for [next appointment date], where I hope to receive further guidance on my recovery milestones.

Thank you for your continued support and encouragement during this time. I truly appreciate it. If you have any questions or would like to know more about my progress, please feel free to reach out.

Warm regards,

[Your Name]