

SAMPLE CARE-TEAM REPORT

Physio report

Fictional athlete: Alex Morgan | Reporting period: May 6-19, 2026 | Generated May 20, 2026

7 WORKOUTS	42.8 km DISTANCE	1 ACTIVE PAIN SITE	4/10 MAX PAIN	86% REHAB ADHERENCE
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Pain and training context

RIGHT ACHILLES Latest 2/10. Improving. Morning stiffness after the May 11 long run; no symptoms during easy cycling. Athlete is continuing graded calf loading.

TRAINING Two easy runs, one long run, two strength sessions, one ride, and one rest day. Longest session: 74 minutes. No stopped workouts.

SORENESS Average whole-body soreness: 3/10. Calves were most affected after hills; settled within 24 hours.

Pain timeline

MAY 7 Right Achilles 4/10 after intervals. Impact: reduced pace; completed planned duration. Note: stiffness eased during warm-up.

MAY 11 Right Achilles 3/10 after 74-minute long run. Impact: none. Note: mild next-morning stiffness.

MAY 16 Right Achilles 2/10 after easy run. Impact: none. Note: no change in gait reported.

Rehab adherence

6 OF 7 DAYS Eccentric calf raises, soleus isometrics, and ankle mobility logged. The athlete skipped the May 14 session due to travel.

Athlete note for this appointment

"I want to know whether I can keep one short hill session next week or should hold at flat easy running."