**Week 10 – Mobility Plateau, Patient Support, and Upcoming Travel**

* **Medical:** Aarav reported ankle stiffness and a sense of plateau in mobility. Dr. Patel revised the recovery plan, incorporating additional rest, ice therapy, and new monitoring to prevent regression and ensure safe progression.
* **Nutrition:** Carla introduced anti-inflammatory snacks (e.g., turmeric-based options, omega-3 sources) and refined supplement timing to support healing during reduced physical activity.
* **Physiotherapy:** Rachel paused high-intensity drills, focusing instead on gentle stretching, mobility maintenance, and hotel-friendly routines to accommodate Aarav’s upcoming travel.
* **Mental Health:** Rohan and Neel provided reassurance through shared stories of athletes who overcame similar plateaus, helping Aarav reframe the challenge as a normal phase in recovery.
* **Engagement:** Aarav candidly expressed frustration but showed gratitude for the care team’s adaptive strategies and communication. His willingness to remain open highlighted resilience despite setbacks.
* **Overall:** A slower, supportive week prioritizing emotional balance, physical care, and realistic planning, with special attention to maintaining wellness during the upcoming Malaysia travel.

**Week 10 Table**

| **Week 10 Key Tests** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| Ferritin | 52 ng/mL | 30–400 ng/mL | Stable, no decline despite lower activity |
| Vitamin D (25-OH) | 33 ng/mL | >30 ng/mL | Maintained, continue supplement |
| Fasting Glucose | 95 mg/dL | 70–99 mg/dL | Slightly higher but within normal |
| HbA1c (Quarterly check) | 5.5% | <5.7% | Stable |
| Ankle Mobility Score\* | 6/10 | 8–10 (optimal) | Plateau, stiffness noted |
| Resting Pulse Rate | 68 bpm | 50–70 bpm | Consistent |
| PHQ-9 (Depression) | 3 | 0–4 minimal | Slight frustration, still minimal |
| Sleep Efficiency | 85% | >85% | Adequate, mildly affected by discomfort |
| Medicine Compliance | Excellent | — | Maintained |