**Week 14 – Breakthrough in Mobility, Emotional Release, and Deeper Trust**

**Medical:**  
Dr. Patel highlighted a significant reduction in ankle swelling and stronger recovery markers, noting that Aarav’s healing trajectory was ahead of expectations. A glucose recheck was planned in the coming weeks to ensure metabolic stability continued.

**Nutrition:**  
Carla emphasized mindful eating practices, helping Aarav slow down and become more aware of his hunger and satiety cues. She also introduced magnesium-rich meals to support muscle relaxation and better sleep, reinforcing the connection between diet and recovery.

**Physio:**  
Rachel commended Aarav for reaching a new milestone in ankle strength. Guided walking exercises were added to his routine, bridging rehab and functional mobility. Aarav’s growing confidence in these sessions reflected the hard work of the past weeks.

**Mental Health:**  
In a breakthrough moment, Aarav openly expressed his lingering fears and frustrations to Dr. Isha — the first time he had shared emotions so freely. This release helped him process anxiety, while relaxation audios further improved his sleep depth and quality.

**Engagement:**  
Aarav became more relaxed with the care team, initiating conversations beyond treatment and even joking lightly. Neel reinforced his milestones, boosting Aarav’s self-belief.

**Overall:**  
This week was both emotional and physical progress rolled into one — Aarav’s trust deepened, his optimism grew, and his recovery felt more sustainable and empowering.

**Week 14 Key Tests**

| **Test / Measure** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| HbA1c (planned recheck) | — | <5.7% | To be tested in upcoming weeks. |
| Fasting Glucose | 92 mg/dL | 70–99 mg/dL | Slight variation but within control. |
| CRP (Inflammation) | 1.0 mg/L | <3 mg/L | Low, confirming reduced swelling. |
| Ankle Strength Score\* | 9/10 | 8–10 optimal | Significant improvement with guided walking. |
| Balance Test (seconds) | 37s | 30–45s | Marked gain in stability. |
| Sleep Quality Index | 8/10 | 8–10 good | Improved with relaxation audios. |
| Magnesium (Serum) | 1.9 mg/dL | 1.7–2.3 mg/dL | Adequate; diet adjustments working. |
| Resting Pulse Rate | 64 bpm | 50–70 bpm | Stable, indicating cardiovascular health. |
| PHQ-9 (Depression) | 1 | 0–4 minimal | Anxiety decreased after emotional release. |
| Medicine Compliance | Excellent | — | Maintained with discipline. |