**Week 3 – Comprehensive Care Begins**

* **Medical Review**
  + Aarav’s **MRI, X-ray, and blood results** were reviewed.
  + Findings showed a **moderate ligament tear**, **low ferritin**, **low vitamin D**, and slightly **elevated glucose and pulse**.
  + Supplements for **iron and vitamin D** were prescribed to address deficiencies.
* **Psychiatric Support**
  + Dr. Isha was introduced as the **psychiatrist**, formally joining the care team.
  + She conducted an initial **mood survey (PHQ-9)** to assess Aarav’s mental state.
  + Aarav remained somewhat reserved but was polite and willing to engage.
* **Nutrition & Lifestyle**
  + Carla provided a **structured diet plan** focusing on foods rich in iron and vitamin D, alongside hydration strategies.
  + **Magnesium citrate** was suggested again to support consistent sleep patterns.
* **Physiotherapy & Recovery**
  + Gentle **ankle mobility exercises** and adequate rest were recommended for the ligament tear.
  + Aarav was encouraged to keep **journaling and tracking symptoms** to monitor progress.
* **Engagement & Mindset**
  + Aarav showed curiosity, asking about **supplement side effects** and gradually opening up to discussions.
  + By the week’s end, he was still concise but notably more **engaged with the multidisciplinary approach**.

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| **Week 3 Key Tests** | Value | **Normal Range** | **Comments** |
| Ferritin | 17 ng/mL | 30–400 ng/mL | Slight improvement |
| Vitamin D (25-OH) | 15 ng/mL | >30 ng/mL | Improving |
| Fasting Glucose | 110 mg/dL | 70–99 mg/dL | Mildly high |
| Pulse Rate | 82 bpm | 50–70 bpm (resting athlete) | Slightly elevated |
| PHQ-9 (Depression) | 9 | 0-4 minimal | Mild depression |
| Sleep Efficiency | 68% | >85% | Slight improvement |