Mr. Jones returned due to recurring back pain which initially resulted from a work-related injury three years prior

The back pain episodes were intermittent often triggered by certain movements or positions

Mr. Jones had been on a physical therapy regimen which he stopped after his back pain improved

The physical therapy was initially slow but had been beneficial

The physical therapy was also less invasive than medications

Mr. Jones stopped the physical therapy due to cost and logistical issues related to insurance coverage and the location of the therapy office

A heating pad was suggested for short-term relief of the back pain

The doctor proposed exploring alternative therapies such as yoga tai chi or meditation and non-prescription medications to manage the back pain and reduce costs

Mr. Jones agreed to the proposed plan

Issues related to the cost of insurance were also discussed with the doctor advising Mr. Jones to consider different insurance options during the open season