Ms. Smith arrived in a calm and happy mood for her 15:45 appointment

The chronic wrist pain, which began after a repetitive strain injury two years ago.

The pain flared sporadically, often exacerbated by specific wrist movements.

Ms. Smith had followed an occupational therapy plan, pausing it once her condition improved.

The therapy, though initially gradual, proved effective and was a non-pharmacological approach.

Due to financial constraints and travel difficulties linked to her insurance plan and the therapy center's location, Ms. Smith discontinued her sessions.

Short-term relief was suggested through wrist splinting.

The doctor recommended alternative methods like acupuncture, gentle stretching, or mindfulness practices, along with over-the-counter remedies, to manage the pain and minimize expenses.

Ms. Smith agreed to this strategy. Additionally, the doctor discussed insurance-related financial concerns, advising Ms. Smith to explore other insurance options in the upcoming open enrollment period.