Mr. Anderson visited in a very sad and depressed mood during his consultation at 8:25

There is a persistent knee discomfort, a result of a sports injury four years earlier.

This discomfort appeared intermittently, often triggered by certain leg movements.

Mr. Anderson had engaged in a rehabilitation program, which he halted after noticing an improvement in his knee.

The program was slow to show results but was ultimately helpful, offering a drug-free treatment option. He ceased the rehabilitation due to high costs and the inconvenience caused by his insurance policy and the rehab facility's distant location.

The doctor suggested cold compresses for immediate relief. Exploring alternative treatments like swimming, low-impact exercises, or herbal supplements, alongside non-prescription pain relievers, was recommended to manage the discomfort affordably.

Mr. Anderson consented to this plan. The doctor also addressed the issue of insurance costs, recommending that Mr. Anderson consider alternative insurance plans during the next enrollment period.