

From the provided text data, I extracted the following clinical information:

- Patient's name: Mr. Jones
- Patient's medical history: back pain, physical therapy, medications, physical therapy office, core muscles, abdomen, cost, heating pad, alternate
- Patient's concerns: cost of care, medication expenses, insurance coverage, researching insurance options.
- Recommendations from the healthcare provider: non-prescription medications, physical therapy, yoga or Tai Chi classes, researching cheaper
- Next steps: scheduling a phone call with the healthcare provider to discuss the options and see if they would work for the patient.