



**COMMUNITY
ACUPUNCTURE**

How often should I come in for treatments?

The following table is merely a set of guidelines to offer you an idea of how often you may need to come in for treatments depending on what we are working on and your goals. It's best to remember that everyone's situation is different. Some may require more treatments and some may require less. Your practitioner will help you determine what is best for you.

Being treated for:	Example of condition:	Treatment frequency:	For how long:
Very severe discomfort	Acute back sprain, daily migraines	Daily until change in condition	For several days
Serious discomfort	Sprained ankle, acute digestive distress	Every other day until change in condition	A week or two
Moderate discomfort	Knee pain while running, poor sleep	Twice weekly until change in condition	Over several weeks
Working on a health milestone	Trying to get pregnant, overcoming allergies	Twice weekly until change in condition	Over several weeks
Ongoing episodic condition	Occasional insomnia; PMS	Weekly + as-needed for acute episodes	Over a few months
Support for chronic issues	Stress, work-related issues, chronic illness	Weekly	Ongoing/as needed
General health	Life!	Weekly or bi-monthly	Ongoing/as needed