

## How often should I come in for treatment?

This will vary from person to person, and will likely vary as your condition(s) change(s) with treatment.

Here are some general guidelines, depending on what you are being treated for and what your goals are:

<b>Being treated for:</b>	<b>Example of condition:</b>	<b>Treatment frequency:</b>	<b>For how long:</b>
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

A recommended treatment plan will be provided to you on your first visit and on re-evaluation visits.

We strive to make acupuncture affordable and convenient so that you are able to receive the acupuncture you need for as often and as long as you need it, to get the best possible results. Please call us at 617-499-9993 if you have any questions.