

How Often Should I Come In For Treatment?

It is rare for anyone to experience complete, long-term resolution of a problem with only one treatment. Most people need a series of treatments in order to get good results and maintain those results – similar to how one pill your doctor may prescribe won't do much by itself and, if it does, the effects won't last very long.

During your initial treatment, the acupuncturist will provide you with a Treatment Plan customized for your condition. For your reference the Table below may serve as a general guideline.

CONDITION (Discomfort Level)	EXAMPLE OF CONDITION	TREATMENT FREQUENCY	DURATION
Very Severe (Pain Scale: 8-10)	Acute Back Sprain Daily Migraines	Daily	Until change in condition
Serious (Pain Scale: 6-8)	Sprained Ankle Acute Digestive Distress	Every other day (3-4 times/week)	A week or two
Moderate (Pain Scale: 4-6)	Knee Pain When Running Constipation	2-3 times/week	Over several weeks
Working On A Health Milestone	Trying To Get Pregnant Overcoming Allergies	1-2 times/week	Over several weeks or months
Episodic Conditions	Occasional Insomnia PMS	Weekly or As-needed	Over a few months
Support For Chronic Issues	Stress, Work-Related Issues, Chronic Illness	1-2 times/week	Ongoing/as needed
General Health	Life, Nap Deprivation	Weekly to Monthly	Ongoing/as needed

Acupuncture is a PROCESS

Acupuncture has a cumulative effect so **the closer together your treatments are spaced the more powerful, effective and long-lasting the results tend to be.** This is why most conditions require some closely-spaced treatments followed by treatments spread further apart as progress is made.

In China, it is common for people to go for acupuncture every day until they feel better. Unfortunately, when acupuncture migrated to the U.S., it became very expensive leaving many folks unable to afford to go as often as necessary to see significant, lasting results. However, **our goal at Accessible Acupuncture is to make it so you can better afford to GET better and STAY better!** This is why our fees are lower – so you can get the benefits of 4 to 6 treatments for the price of what one single treatment may cost you elsewhere!