

# YOUR TREATMENT PLAN



**Treatment Plan** for \_\_\_\_\_

**Treatment Goal(s):** \_\_\_\_\_

Based on your condition, we recommend an initial series of \_\_\_\_\_ treatments per week for \_\_\_\_\_ weeks. During that time, we'll continue to evaluate your progress and adjust the treatment plan based on your feedback and response.

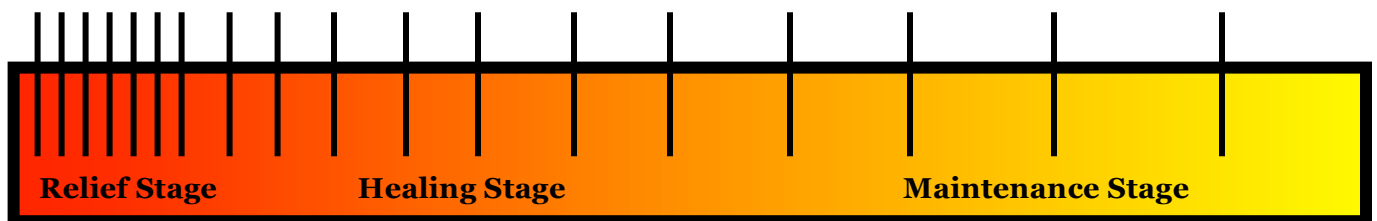
## Acupuncture is a PROCESS

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 prescribed by your doctor won't do much by itself and, if it does, the effects may not last long.

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!

## The Stages Of Acupuncture Treatment



In the **Relief Stage**, we will focus on reducing your symptoms to get you out of distress. During this time, treatments will be spaced close together, usually 2-4 visits per week, until you start to feel better.

In the **Healing Stage**, we begin to correct the underlying causes of your symptoms with a series of regular treatments, generally 1-2 visits per week.

In the **Maintenance Stage**, we will keep you tuned up, take care of little problems before they get bigger, and provide support for the everyday stresses of life. This may be 2-4 visits per month, or just as needed.



## After Your First Treatment

### Observe your body

For the first 24-48 hours after treatment take note of how you feel with regard to the main condition(s) you sought treatment for so you can report back to your acupuncturist at your next appointment.

- Has the condition changed in **Frequency**, **Intensity** or **Size of the Area** Affected?
- How long did the improvement last?

Although a small number of people experience improvement in only one of these areas before seeing improvement in the other two, most people experience changes of varying degrees in a combination of these areas.

### Take inventory of other aspects of your health

In many cases, other conditions, which may seem secondary to your main complaint, will start to resolve before significant improvement to the main complaint is observed. Post-acupuncture benefits may include

- Increased **energy**
- Being in a **better mood**
- Feeling **more relaxed**
- Improved **digestion**
- Improved **sleep**
- Increased **mental clarity**

These are all positive signs that the treatment is helping and progress is being made. Be sure to take note of these items and share them with your acupuncturist at your next treatment.

### *What should I expect to feel now?*

You may observe a sore, achy, numb or tingling sensation near where the pins were inserted and, occasionally, even a bruise. These complications are often minor and short-lived. If you have any concerns, please contact us.

You may or may not experience some immediate relief or notice no change. Relief may be dramatic or subtle; and it may be short-lived or last several days. Generally speaking, those with acute conditions are more likely to feel immediate relief during the treatment and/or in the few hours following it. For chronic conditions, changes may be subtle or not immediately apparent.

An important thing to remember is that there isn't always a straight line from being ill to being healthy. There may be days where you feel better than others, but overall, you should feel a steady improvement in your energy, sleep, digestion, mood and pain levels. With time, acupuncture can help restore health and vitality, and improve your quality of life.

\* Please also note that in approximately 3-5% of folks, the issue they sought treatment for, or even an old issue, could intensify for about 24 hours (a sign that we're getting things to budge, or shift), followed by great relief. As a teenage patient once shared, *"It's kind of like a dragon screaming and breathing fire as it falls to the ground."* Yeah, it's kind of like that.

