

How often should I get acupuncture?

This will vary from person to person, and will likely vary as the condition changes with treatment.

Here are some general guidelines, depending on what is being treated and what your goals are.

Being treated for:	Example of condition:	Treatment frequency:	For how long:
Very severe discomfort (9-10 out of 10)	Acute back sprain; daily migraines; severe anxiety	Daily until change in condition	Several days, then re-evaluate
Serious discomfort (7-8 out of 10)	Sprained ankle; asthma flare-up; acute digestive distress	Every other day until change in condition	A week or two, then re-evaluate
Moderate discomfort (4-6 out of 10)	Knee pain while running; insomnia/poor sleep	Twice weekly until change in condition	2-3 weeks, then re-evaluate
Mild/chronic discomfort (1-3 out of 10)	A condition you've had for 3 months to a year	Weekly	6-8 weeks, then re-evaluate
Very long-term/chronic discomfort	A condition you've had for more than a year	Weekly or twice weekly	1 x week for 10 weeks or 2 x week for 5 weeks, then re-evaluate
Ongoing episodic condition	Occasional insomnia or anxiety; occasional headaches; PMS	Weekly + as needed for acute episodes	A few months
Working on a health milestone	Trying to conceive; reducing seasonal allergies	Twice weekly until change in condition	Over several weeks or months; until you've reached your goal
Support for chronic stress and related issues	Stress; work-related issues; chronic illness; many health issues	Weekly at a minimum, more as desired	Ongoing as a regular health habit, more often as needed
General health and well-being	Coping with busy life; aging and wear and tear; staying healthy through the seasons	Weekly or every other week, come in as you need to	A good lifelong habit!