

# PAIN OR DISTRESS LEVELS AND TX PLAN GUIDELINE

## **10 OUT OF 10 ON THE PAIN SCALE**

Every day until we see some change.

## **"AT THE END OF THEIR ROPE"**

Every day until we see some change.

## **7 OUT OF 10 OR HIGHER**

3 x week for 2-3 weeks then re-eval.

## **5 - 7 OUT OF 10**

2 x week for 2-3 weeks then re-eval.

## **MILD/CHRONIC ISSUES**

(patient has condition 3mos-1yr)

1 x week for 8 -10 weeks then re-eval.

## **VERY LONG-TERM/CHRONIC**

2 x week for 10 weeks,

or 3 x week for 7 weeks then re-eval.

## **GYNECOLOGICAL PAIN OR IRREGULARITY**

Weekly until a normal cycle is established  
then every other week until 2 ok cycles  
then 1x month during the week before the problem week.

## **CHRONIC STRESS (and related symptoms)**

1 x week until stress subsides.

## **WELLNESS AND PREVENTION**

1 x per week, especially before travel, during season changes, or times of higher stress.

## **MOST OTHER ISSUES**

2x per week until 50% improvement,  
then 1x week until resolved.

## **CHRONIC CONDITIONS WITH POOR PROGNOSIS**

1 x week indefinitely



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