Headaches & Migraines

Patient: _____ Date: _____

STARTING TREATMENT PLAN

6–10 visits

1–2 visits/week, then reassess

A preliminary care estimate—not an average time to heal or a guarantee.

WHAT TO EXPECT

Possible goals: fewer or less disruptive headaches. Prevention is measured over time.

AFTER YOUR TREATMENT

Keep meals, hydration and sleep consistent; log headache days and triggers.

WE WILL TRACK

Headache days, severity, medication use and missed activities.

AFTER 2–4 TREATMENTS

We will review your response and daily function, then refine your timeline, visit frequency and next steps.

WHEN TO SEEK MEDICAL HELP

A sudden worst-ever headache, new neurologic deficits or headache with fever/neck stiffness needs urgent care.

YOUR GOALS & FOLLOW-UP

Goal 1: _____

Goal 2: _____

Review at visit: Updated schedule: _____

Acupuncture supports care but does not replace medical diagnosis, essential treatment or emergency care. Results vary.