Knee Pain & Osteoarthritis

Patient: _____ Date: _____

STARTING TREATMENT PLAN

8–12 visits

1–2 visits/week

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

WHAT TO EXPECT

Possible goals: less pain and stiffness; easier walking and stairs. Arthritis is not reversed.

AFTER YOUR TREATMENT

Continue low-impact movement and prescribed strengthening; pace activity.

WE WILL TRACK

Pain, stiffness, walking and stairs.

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 hot, swollen, red joint, fever, major trauma or inability to bear weight needs prompt evaluation.

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.