Lower-Back Pain

Patient: _____ Date: _____

STARTING TREATMENT PLAN

6–10 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 with sitting or lifting; easier everyday movement.

AFTER YOUR TREATMENT

Stay gently active. Try short walks and approved mobility; avoid prolonged bed rest.

WE WILL TRACK

Pain (0–10), daily activity and flare frequency.

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

New leg weakness, numbness around the groin or changes in bladder/bowel control require urgent assessment.

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.