Neck & Shoulder 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 tension and pain; easier head turning or reaching.

AFTER YOUR TREATMENT

Move gently, take screen breaks and avoid forceful stretching.

WE WILL TRACK

Pain, neck or shoulder movement and work comfort.

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 significant arm weakness, traumatic neck pain or neurologic symptoms need medical 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.