Sciatica & Radiating Leg Pain

Patient: _____ Date: _____

STARTING TREATMENT PLAN

6–12 visits

1–2 visits/week

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

WHAT TO EXPECT

Possible goals: less leg pain and better walking or sitting tolerance. Nerve symptoms may improve slowly.

AFTER YOUR TREATMENT

Use comfortable movement and pacing. Follow physician or PT advice.

WE WILL TRACK

Leg pain, numbness and walking or sitting tolerance.

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

Progressive leg weakness, saddle anesthesia or bladder/bowel changes require emergency 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.