

How often should I come in for treatment?

This will vary from person to person, and will likely vary as the condition changes with treatment. Here are some general guidelines, depending on what you are treating and what your goals are:

Being treated for:	Example of condition:	Treatment frequency:	For how long:
Very severe discomfort	Acute back sprain, daily migraines	Daily until change in condition	For several days
Serious discomfort	Sprained ankle, acute digestive distress	Every other day until change in condition	A week or two
Moderate discomfort	Knee pain while running, poor sleep	Twice weekly until change in condition	A few weeks to a few months
Working on a health milestone	Trying to get pregnant, overcoming allergies	Twice weekly until change in condition	Over several months
Ongoing episodic condition	Occasional insomnia; PMS	Weekly + as-needed for acute episodes	Over several months
Support for chronic issues	Stress, work-related issues, chronic illness	Weekly	Ongoing/as needed
General health	Desire to be in good balance	Weekly or bi-monthly	Ongoing/as needed



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