

PAIN or DISTRESS LEVELS and TX PLAN GUIDELINE:

10 out of 10 on the pain scale
Every day until we see some change

“At the end of their rope”
Every day until we see some change

7 out of 10 or higher
3 x week for 2-3 weeks then re-eval.

5-7 out of 10
2 x week for 2-3 weeks then re-eval.

Mild/chronic issues
(patient has condition 3mos-1yr)
1 x week for 8 -10 weeks then re-eval

Very long-term/chronic
2 x week for 10 weeks,
or 3 x week for 7 weeks
then re-eval.

Gynecological pain or Irregularity
Weekly until a normal cycle is established, then every other week until 2 ok cycles
then 1x month during the week before the problem week.

Chronic stress (and related symptoms)
1 x week until stress subsides

Wellness and Prevention
1 x per week, especially before travel, during season changes, or times of higher
stress

Most other issues
2x per week until 50% improvement, then
1x week until resolved

Chronic conditions with poor prognosis
1 x week indefinitely