

# Passive Therapy

## Chiropractor, Acupuncture, and Massage

The VA has moved to a Whole Health model and is expanding the options to treat your pain. The VA continues to offer chiropractic care but have added acupuncture and massage as passive therapies. These will be offered outside the VA system if we are unable to see you in a timely manner.

As part of Whole Health, we want to help you break the cycle of pain. Engaging in active therapies along with passive therapies is critical for you to get better.

### Passive therapies:

- Works best when combined with an active therapy.
- Only one passive therapy at a time.
- Up to 12 treatments every 6 months.
- Chiropractor, Acupuncture, and Massage.

### Active therapies:

- You are actively involved in your care.
- On site or via telehealth.
- To qualify for a passive therapy referral, you must first engage in two active therapies within 18 months.
- Examples:
  - Meet with a dietician
  - Meet with a Whole Health Coach
  - MOVE! program
  - Smoking cessation
  - Physical therapy
  - Pain school for general pain education
  - Pain psychology
  - Seeing a psychologist to improve sleep
  - Recreation therapy
  - Tai Chi
  - Yoga
  - Any exercise therapy- at home, VA or Community
  - Art therapy
  - Music Therapy



