VA researchers studied the use of complementary and integrative health care among more than 540,000 Iraq and Afghanistan Veterans with diagnoses of chronic musculoskeletal pain.

Types of pain*

- Back: 52%
- Joint: 39%
- Neck: 17%
- Osteoarthritis: 8%
- Fibromyalgia: 7%
- Multiple: 19%

*Veterans could have more than one

Types of therapy used*

- Meditation: 16%
- Yoga: 7%
- Acupuncture: 6%
- Guided imagery: 4%
- Chiropractic: 4%
- Biofeedback: 3%
- Tai Chi: 2%
- Massage: 2%
- Hypnosis: 2%

*Veterans may have used none or a combination of any of the above, or another CHI therapy not included in the study. Results reflect services as noted in patients’ VA records. Services provided mostly in VA.

Source: “Use of Complementary and Integrated Health by Patients with Chronic Musculoskeletal Pain,” presented at the AcademyHealth annual meeting in June 2017 by a team from the Center for the Study of Healthcare Innovation, Implementation and Policy at the VA Greater Los Angeles Healthcare System.