

# GET ON THE ROAD TO RECOVERY

Military service can be rough on joints, muscles and bones. VA treats all injuries, including overuse conditions, with a Whole Health approach that may include:

- Physical and Occupational Therapy
- Primary Care and Orthopedics
- Complementary practices such as acupuncture, massage, yoga and more

**Listen to your body.**

**Talk to your VA provider.**



**Women Veterans Call Center: 1-855-829-6636**  
[www.womenshealth.va.gov](http://www.womenshealth.va.gov) | #WomenVets

**VA**



U.S. Department  
of Veterans Affairs