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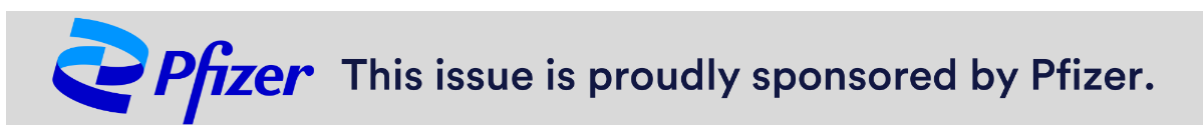
Welcome to MSK News.

In case you missed it, 31 October 2021 was the inaugural Rattle Ya' Bones Day, a national day of awareness for all muscle, bone and joint conditions.

We were overwhelmed by the response and the many messages of support from the Australian community. Not to mention some very creative Rattle Ya' Bones Day videos! Thank you to everyone involved for helping bring awareness to this event. Our vision is that over time Rattle Ya' Bones Day will become synonymous with Halloween, and help make invisible conditions like arthritis, osteoporosis, gout and back pain, visible and understood.

Happy reading! And as ever, stay safe and stay well.

Rob Anderson - CEO



12 ways to love the body you're in



Lupus = Lift up, persevere, use

Having a musculoskeletal condition can sometimes have a negative effect on our body image. However when these feelings become more frequent or intense, they can affect our physical and mental health. We look at [some of the things you can do to challenge these feelings](#), because our bodies are amazing, beautiful and wonderfully unique.



Christmas stocking already overflowing?

You can make a meaningful difference to a person's life this Christmas by asking family and friends to donate to your [Facebook fundraiser](#) in lieu of gifts. All donations received will help people with musculoskeletal conditions access our free support services to help manage their health. And the good news is there's no fees, so 100% of funds raised will go directly to support our services.



Chronic disease management

Do you know what GPMP or TCA stand for? They're a couple of the many acronyms used

strength

After living with the ups and downs of lupus for 32 years, Rachel describes herself as a Lupus Warrior. [She shares her story with us](#), and how she likens battling lupus every day to a game of snakes and ladders.



Contact our Help Line

Do you have questions about dealing with pain, your musculoskeletal condition/s, treatment options, COVID-19, or accessing services? Then be sure to call our nurses on our free Help Line. They're available weekdays between 9am-5pm on 1800 263 265; email helpline@msk.org.au or via [Messenger](#).



Please support our Christmas appeal

Learning how to self-manage

in chronic disease management (CDM). Still confused? You're not alone. In this article we [explore the world of chronic disease management](#) (CDM), including GP Management Plans (GPMP) and Team Care Arrangements (TCAs).

musculoskeletal conditions can be a life changing experience for many people. Please [consider making a donation today](#) to keep our free services available to those who need it most.



Smile!

It's been *ruff* lately so [this video](#) is sure to make you smile as we head into the weekend. Let's give these pups a big round of *ap-paws*, as they raise the *woof* with their adorable first howls. It's the *ulti-mutt* feel good video.

Do you have low back pain?

Researchers from the University of Sydney are conducting an innovative study using text messages to support recovery of people suffering from low back pain. If you're currently experiencing an episode of back pain of less than 12 weeks, you're invited to participate.

This will involve completing online surveys and receiving text messages. Find out more about [TEXT4myBACK Study here](#).

Comfort Feet

Our friends at Comfort Feet have a monthly newsletter packed with info about feet and lower limb health. [Check out their latest issue](#).

At all times Musculoskeletal Australia has full editorial control over the content of this publication.

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