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# MSK News

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**18 March 2021**

Welcome to the latest issue of MSK News. It's been a big month!

We've been working on something incredibly important to share with you, our readers, and with the rest of Australia – the launch of our first report based on our National Consumer Survey!

We're excited to share the results. And we want to send our heartfelt thanks to the many thousands of you who took part in the survey and were so generous with your time and input. It's because of your involvement that we can start to advocate for change.

So without further ado, I'd like to invite you to read our brand new report "*Making the invisible visible: Australians share the impact of musculoskeletal conditions on their lives*".

Rob Anderson - CEO

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## **Making the invisible visible**

More than 7 million Australians live with a musculoskeletal condition, but for too long these people have blurred into a voiceless and faceless statistic. The time has come for this to change – because every one of those millions is a son or daughter, a sister or

brother, a father, a mother, a grandparent, a friend, a teammate, a workmate. And **93%** of them said their condition has had a negative impact on them. Read our report *Making the invisible visible*, and you'll be moved by the powerful stories revealing the impact these conditions have on people.



### Emerging from the cocoon

Our survey found that many people with musculoskeletal conditions kept to themselves and withdrew from social interactions with family and friends when they were feeling unwell. We provide some **practical tips to help you remain connected** and emerge from the safety of your cocoon before isolation becomes a problem.

### Paid Advertisement

Arthritis, knee pain, back pain and other musculoskeletal conditions are challenging to deal with. In conjunction with the Mitchell Institute at Victoria University and supported by Australian Institute for Musculoskeletal Science, we've developed the **Giving it a Go Project**. Giving it a Go is designed to provide a range of information and support for people experiencing these conditions, helping to build confidence to engage in work, education and the wider community. For information **email the team** or visit our **Facebook page**. This free app is **available for download** until 31 March.



### Join our Consumer Advisory Committee!

Our Consumer Advisory Committee played a vital role in developing our National Consumer Survey. They also support our Board and management on the strategic direction and future planning of the organisation. We're currently seeking new members from other states and territories and we'd love to hear from you! [Find out more.](#)

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### The power of a good nap

Ever had one of those days when you wake up feeling like you need a nap? **72%** of the people who took part in our survey said their sleep was affected by their condition. So should we follow the advice of Winnie the Pooh and "when all else fails, take a nap"? It depends. Find out about [napping and how to do it right.](#)



### Quick n easy pasta bake

Tuna pasta bake is a quick and easy dinner that mostly uses kitchen pantry staples. Tuna and other oily fish are great for improving our brain function and have a positive impact our mental health. It's recommended that we include fish in our diet twice a week – not just for our brain health, but our heart health too! So why not give this tasty, [easy recipe](#) a go this weekend?

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### Contact our Help Line

Did you know our nurses and several of our Help Line volunteers and other staff are certified in Mental Health First Aid? This training has never been more relevant. So if you have any queries about managing your pain, your musculoskeletal condition, treatment options, COVID-19 or your mental health, we can help. Contact us weekdays between 9am-5pm on 1800 263 265; [email](#) or via [Messenger](#).

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### Looking after your mental health

We're 12 months into the pandemic and we're all feeling a little battle-scarred and weary. When you add chronic pain to the mix, everything becomes more intense. **50%** of people responding to our survey said that their condition affected their ability to be

mentally and emotionally well, and to enjoy life in general. So we thought it was time to revisit some **things you can do to look after your mental health.**



### Smile!

Did someone say bath? **This pup loves a bath** – and the more bubbles the better!

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