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Hello, and welcome to MSK News!

In this issue, we're pleased to include an article by hand therapist Catherine Reid. Catherine shares her [tips for protecting your hands and arms when riding a bike](#). Still on the exercise theme, we have an article about [low-impact cardio exercises](#). And we also look at something called [axial spondyloarthritis](#) - apart from being a bit of a tongue-twister - what is it? We'll explain.

We're supporting NAIDOC week (3-10 July). It's an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. [Find out more about NAIDOC week](#) and how you can get involved.

And to wrap things up, we have a couple of [tasty recipes](#) from our wonderful volunteers: Kitty's [salmon seaweed miso soup](#) and Lauren's [winter Buddha bowl](#). Yum!

Enjoy reading MSK News, and have a wonderful week.

Rob Anderson - CEO



On yer bike!

If you love to ride but find it a bit painful, hand therapist [Catherine Reid shares her top 10 tips](#) for looking after your hands and upper limbs when taking your bike for a spin.



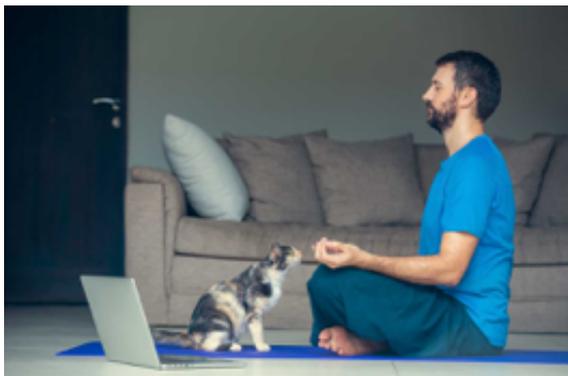
What on earth is axSpA?

[Axial spondyloarthritis \(or axSpA\)](#) is the umbrella term for two types of inflammatory arthritis that affect the spine: ankylosing spondylitis (AS) and non-radiographic axial spondyloarthritis (nr-axSpA).



Free joint surgery webinar

We're delighted to have Prof Peter Choong AO presenting our next FREE community webinar on Tuesday 12 July at 7pm (AEST). Prof Choong will cover common painful conditions of the large and small joints, discuss surgery and examine the important place of non-surgical care. [Book now!](#)



Low-impact exercises

Looking to shake up your exercise routine? Find out how [Pilates, tai chi and yoga](#) provide a good workout while being kind to your joints.



Join our team of supporters in their "dollar a day" commitment

By making regular monthly donations you're helping us provide services that ensure people with musculoskeletal conditions get the help and support they need to manage their condition. [Find out how to join.](#)

Salmon, seaweed and miso soup

Bored with your usual soups? Then try [Kitty's salmon, seaweed and miso soup](#). It's quick and easy to make, loaded with protein and full of flavour.



Winter Buddha bowl

[Lauren's Buddha bowl](#) is a warming and nourishing meal using seasonal vegetables. She says it can be made ahead of time and is perfect as a post yoga meal.

We've been out 'n about in the community

It's always nice to catch up with our friends [Peninsula Hot Springs](#) and [Grill'd Elsternwick](#). We're grateful for their ongoing support. If you'd like to partner with us, we'd love to hear from you. [Contact us today](#).



Dragon Claw

Our friends at Dragon Claw provide information for people with RA, lupus, JIA and their carers. [Check out their latest newsletter](#).

Research opportunity

If you have chronic pain, The University of Queensland wants to hear from you! They want to understand how you manage your pain and how thoughts and feelings may influence this. The study involves a 20-minute online survey. [Click here to get started](#). For more info, [email Dr Rachel Elphinston](#).

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