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MUSCULOSKELETAL  
AUSTRALIA

# MSK News

*The news you can use  
delivered to your inbox every fortnight*

3 December 2020

Welcome to MSK News!

As I write this I'm looking out at a sunny sky and it fills me with optimism. We've all worked so hard during a tough 2020, and we're seeing the pay off as we head into summer and the festive season. Borders opening, restrictions easing and few active cases of COVID. Let's hear it for us!

In the spirit of optimism and moving forward, in this issue we look at the use of medicinal cannabis for pain and musculoskeletal conditions, some tips for travelling well this summer, how you can unplug from all the tech for a while, and just in time for the weekend - margarita recipes to tempt and inspire you.

As ever, keep well, stay safe and stay up-to-date with everything musculoskeletal by following our socials and reading this newsletter. We hope you enjoy our latest issue.

Rob Anderson - CEO

## **A weed by any other name**

Marijuana, dope, pot, grass, weed, hashish, wacky tobaccy...they're just some of the



common names for cannabis. Whatever you call it, it's been used for medicinal purposes for thousands of years. **We weed out some of the facts** and explore it's use for pain and musculoskeletal conditions.

## There's still time to support our Christmas appeal

Sue, who has dealt with musculoskeletal issues for more than thirty years, **shares her story**. *"At times, my condition has made me feel less of a mother, partner, and daughter than I wanted to be."* **Please consider making a donation** to help more people like Sue access our free support services and manage their health this Christmas.



## Tips for travelling well

With most of the state and territory borders reopened in Australia, many of us are itching to travel. And just in time for the festive season and summer. But for some of us the practicalities of it can cause a lot of anxiety and stress. **Here are some tips and tricks** to help you manage your condition so you can get the most out of your trip.

## It's time to unplug

There's no denying that going digital has helped us this year. But many of us are feeling the effects of too much of a good thing. **It may be time for a digital detox**. And as we come to the end of a very trying year, now's the perfect time.



## Re-awaken in nature

Imagine soaking in the geothermal mineral springs at the glorious Peninsula Hot Springs and indulging in a rejuvenating spa



treatment. All this and more at the Springs' newly completed glamping accommodation. For more details to whet your appetite [see what the Peninsula Hot Springs have to offer.](#)

## Research snippets

This week we've been reading articles about the use of TENS machines for fibromyalgia, corticosteroid injections and knee OA and JIA and genomic testing. [Read our research snippets here.](#)

## Time to shake things up...

...your cocktail shakers that is! Nothing says summer like sitting outdoors with a yummy, icy margarita. Lisa made a traditional one on the weekend but this link will take you to [13 different styles of margarita](#) – from the classic to rose petal margaritas and chilli infused margaritas. There's something for everyone! Here's cheers to summer!



## Have you got your ticket?

Only two weeks left to to get your raffle ticket for a chance to win a premium Range Rover Evoque with a boot full of cashable gold worth \$125,000 and \$25,000 in vouchers from your choice of Australia's leading retailers! [Get your \\$10 Play for Purpose raffle ticket](#) today. **Raffle closes 17 December.**

## Contact our free national Help Line

If you have questions about things such as managing your pain, your musculoskeletal condition, treatment options, COVID-19, telehealth, or accessing services be sure to call our nurses.

They're available weekdays between 9am-5pm on 1800 263 265; [email](#) or via [Messenger](#).

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### **Kick start the new year!**

Register your place today for our upcoming webinars! Discover your rights at work, learn about pregnancy and arthritis, delve into diet, find out how exercise can help manage your OA, learn pain management techniques that really work, uncover the mysteries of inflammatory arthritis and for those with hand arthritis, learn how to ease the pain and uncover some useful aids for everyday tasks. Wow, it's going to be a big year! You can book for the whole series or choose the topics that speak to you. But don't miss out!

**Book your spot now**

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### **Smile!**

You're on the hammock and it's raining – what do you do?? Turn it into a seesaw of course, just like this [resourceful little bulldog](#) does.



### **Coronavirus Health Information Line**

Call this line if you're seeking information on coronavirus (COVID-19).  
It operates 24 hours a day, seven days a week on 1800 020 080.

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