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Hello, and welcome to MSK News!

In this issue, we're pleased to bring you another guest article from hand therapist Catherine. She explains [hand therapy](#) and how it may benefit those with problems or pain in their fingers, wrists, elbows and shoulders. We also look at a common condition known as a [Baker's cyst](#) and the ins and outs of [topical pain relievers](#).

Make sure you check out our upcoming free online lecture - "[Working Wise: Managing your musculoskeletal conditions and work](#)". If you're finding it hard to balance your musculoskeletal condition and work, you really don't want to miss this!

And we have some [delicious recipes](#) from our volunteers: Kitty's [cumin mushroom](#) entree and Lauren's [spicy stuffed capsicums](#). Yum!

Enjoy reading MSK News, and have a wonderful week.

Rob Anderson, CEO



**Baker's cyst**



**Hand therapy**

Although it sounds like it, a Baker's cyst has nothing to do with bakers or baking! But this common condition affects the knees of adults and children. We take a look at [Baker's cysts](#) - what they are, what causes them and how they're treated.

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You use your hands all day long, so receiving the best care to recover after surgery, injury, or a medical condition is essential. Find out how a [hand therapist can help](#).

## Let's be friends

Help us represent people with musculoskeletal conditions by becoming a Friend of MSK. Anyone can be our friend - whether you live with a condition, care for someone who does, work in the sector, or just want to make a real difference. [For just \\$20 a year](#), you'll be among the first to hear about any new research, programs and services. We'll also keep you up-to-date with the latest news to support you and your musculoskeletal health.

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## Working Wise: Free community lecture

If you're currently working, have a musculoskeletal condition and are having difficulty managing the two, [join us online on 7 September](#). Our presenters will provide tips, strategies, and resources to help you manage your symptoms, stay at work, change jobs, understand your rights and more.



## Therein lies the rub: Topical pain relievers

If you open most medicine cabinets or bathroom cupboards, you'll more than likely find a tube or jar of a pain-relieving rub. With varying degrees of smelliness! [But what are they?](#) How do they work? Are they effective? And are they safe?

## Cumin mushroom entree

Kitty's recipe brings together the earthy, umami flavour of king oyster mushrooms and

combines it with a tangy and unique taste of cumin. A [delicious and unique entree](#) to complement any dish!



### Spicy stuffed capsicums

These hearty [spicy stuffed capsicums](#) are an easy and balanced mid-week meal. Lauren suggests serving them with a fresh green salad or roasted vegetables.

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## Research opportunity: the DECIDE study

Do you have **knee arthritis**? Are you **considering arthroscopy (aka keyhole procedure)**? If so, you may benefit from participating in the DECIDE study conducted by Monash University and Cabrini Health researchers. Participants will receive an information handout about osteoarthritis. This may help you make better decisions about your care. Contributing to the DECIDE study will involve completing brief online surveys from your home. Participants will go into a draw to win a \$500 gift voucher. [Follow this link](#) to read more and participate in this study. Or you can contact the study team directly. Chief Investigator: Dr Denise O'Connor - [email](#) or phone 03 9903 8885.

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