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MUSCULOSKELETAL
AUSTRALIA

MSK News

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

16 July 2020

Welcome to MSK News!

Wow, so much has changed in the last fortnight! Many of us are feeling anxious by the rise in active COVID cases in Australia. But this is our new normal (for now). And while each state and territory is experiencing differing restrictions and numbers of cases, we're one country and we're resilient. When it comes to a fight we always pull together, regardless of the obstacles and our differences. So now's the time to work together and stay apart to keep ourselves, our families and our communities safe and well.

That being said, the team at MSK is here for you. We may be in the midst of a pandemic, but musculoskeletal conditions and chronic pain haven't gone away (sadly). Our team is available to help you with information, support and news you can use.

That's why we want to hear from you and get your feedback. We want to make sure we continue to provide the information and topics that are important and relevant to you, now and in the future. So tell us what you need. What's inspiring you at the moment? What topics should we cover to inform and entertain you? We'd love to hear your thoughts. You can reach us at info@msk.org.au. And thank you.

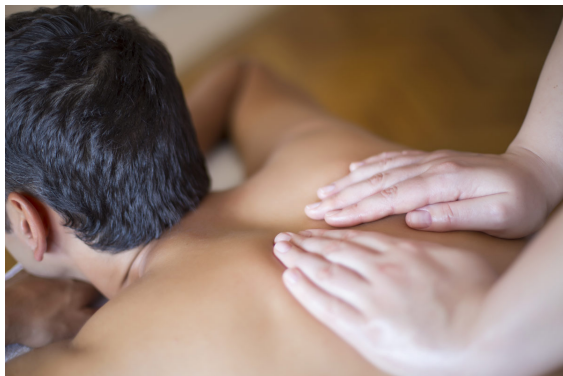
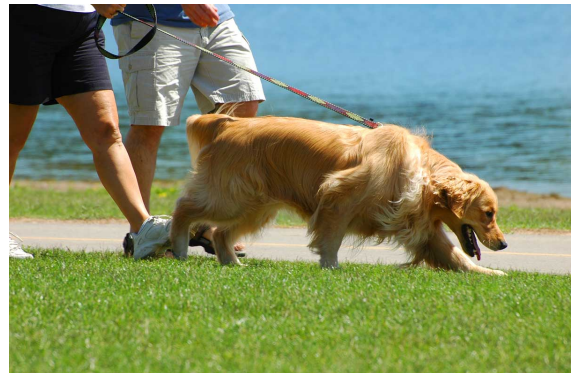
Keep well, stay safe and stay up-to-date with everything musculoskeletal by following our socials and reading this newsletter. And if you're enjoying MSK News **forward it to a friend** so they can

too!

Rob Anderson - CEO

Walking on sunshine!

Have you noticed how many people have rediscovered how wonderful walking is? Families, deliriously happy dogs with their owners - it's one of the positives of pandemic life. **We have some tips and advice** to help make your walks safe and more enjoyable.



Massage your pain and tension away

For many of us, massage is an important tool for managing the aches, pains and muscular tension associated with having a musculoskeletal condition. In our blog we explore **remedial massage and self-massage**.




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WALK IN JULY FOR MSK
ANY DISTANCE | ANYTIME | ANYWHERE

Overcoming the silence surrounding musculoskeletal conditions.

REGISTER TODAY

Grab your walking shoes and join us!

It's mid-July and we're halfway through Walk in July for MSK.

Check out the posts on our **socials** from some of our supporters hitting the paths and streets. They'll inspire you to pull on the runners and get out into the fresh air. And it's not too late to join them. Visit **Walk in July** for more info.

REGISTER TODAY!

Taking control

There's a lot of stuff happening in our world that we can't control. We're in the midst of a pandemic for goodness sake! We look at a few **simple things you can do to gain back some control** in these uncertain times.



Contact our free national Help Line

If you have questions about things such as managing your pain, COVID-19, your musculoskeletal condition, treatment options, telehealth, or accessing services be sure to call our nurses. They're available weekdays between 9am-5pm on 1800 263 265; email helpline@msk.org.au or via [Facebook messenger](#).

Raffle closes 8pm EST tonight!

Someone will win \$250,000 - it could be you! Don't miss your chance to win and get your **Play for Purpose** raffle ticket today! A \$10 raffle ticket will help us support people with debilitating arthritis get the support they need.



Information at your fingertips

Visit our [website](#) for up-to-date, detailed information about **musculoskeletal conditions**, strategies for **managing pain** and **getting a good night's sleep**, info to help you live well with a

musculoskeletal condition and so much more. It's there when you need it - 24/7.

Don't forget to check out our latest webinar recording on [polymyalgia rheumatica \(PMR\)](#). Rheumatologist Dr Daniel Boulos discusses the causes of PMR, how it's diagnosed, the important complications not to be missed, and what you and your doctor can do to manage it.



Smile!

Watch as this adorable dog goes 'quackers' at the sight of his favourite toy.

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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