

[View this email in your browser](#)



MUSCULOSKELETAL  
AUSTRALIA

# MSK News

Your weekly update about  
COVID-19 and musculoskeletal health

25 June 2020

Welcome to another week of MSK News. In this ever changing world, we bring you the news you can use about COVID, musculoskeletal conditions, coming events and things to make you smile.

In this week's issue of MSK News we look at the COVID outbreaks, the cost of living with a chronic condition, and the importance of rediscovering small joys. We'd also like to invite you to join our staff, volunteers and supporters (in spirit) by taking part in our Walk in July event. Wherever you are, whatever your fitness level - we'd love you to join us.

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!

All of our services are provided without cost to ensure that everyone can access support to help manage their musculoskeletal condition. However it does make it hard for us to fund our services as we receive very little government funding. Which is why I'm asking for your help. This is hard for us knowing how tough times are for everyone. But now is the time to show us you value our work. If you can, please consider **making a tax deductible donation before 30 June**. Together we can continue to help those who need us most.

Rob Anderson - CEO

## COVID-19 outbreaks: Should we be worried?

The last week has seen a large number of new cases of COVID-19, particularly in Victoria. We explore some of the reasons why these outbreaks may occur, and how we can do our part to keep these numbers down.



## The cost of living with a chronic condition

Living with a chronic condition costs us physically, mentally and emotionally. But what many people don't understand are the substantial financial costs associated with them. We look at some of the obvious costs, as well as some of the hidden ones.

**MUSCULOSKELETAL AUSTRALIA**

**WALK IN JULY FOR MSK**  
ANY DISTANCE | ANYTIME | ANYWHERE

Overcoming the silence surrounding musculoskeletal conditions.

**REGISTER TODAY**

No matter where you live or your fitness level, join us for this virtual event. Walk by yourself, with friends and family or get a team together - the choice is yours!

**REGISTER TODAY!**

## Rediscovering small joys

This strange time we're living through has been tough, and we're not out of it yet. It's easy to feel down about the whole situation,

so we thought we'd share **some of the small joys** people have been telling us they've been rediscovering while in iso. We hope it gives you some inspiration if you're feeling a bit blah about everything.



### Contact our national MSK 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](mailto:helpline@msk.org.au) or via [Facebook messenger](#).

### Are you feeling lucky?

Imagine what you could do with \$250,000 cashable gold bullion! You could pay off part or all of your mortgage, splurge on a new car, sort out your bills...the possibilities are endless! A \$10 **Play for Purpose** raffle ticket will go a long way in helping us support millions of Australians who live with arthritis, osteoporosis, back pain and other musculoskeletal conditions.



### 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**. As well as **info to help you live well** with a musculoskeletal condition and so much more. It's there when you need it - 24/7.



## Smile!

Peek-a-boo! And just as well the window is there as a barrier - otherwise **feathers might fly!**

---

## There's still time to make your tax deductible donation by 30 June

Now more than ever, people with musculoskeletal conditions are relying on our free Help Line to remain connected to a supportive community and to manage their condition. Will you please help by making a tax deductible donation today to ensure the MSK Help Line is available to those who need it most? [Donate here](#) or call us on 03 8531 8011. Our sincerest thanks to those who have already made a donation.

[DONATE HERE](#)

---

## 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.

---

## STAY CONNECTED WITH MSK

Follow us on Facebook, Twitter, YouTube and Instagram for all the latest and greatest news, research, events and more.



*Copyright © | 2020 Musculoskeletal Australia | All rights reserved*



MUSCULOSKELETAL  
A U S T R A L I A

PO Box 130 Caulfield South, VIC 3162  
P: 03 8531 8000 ♦ E: [info@msk.org.au](mailto:info@msk.org.au)  
MSK HELP LINE 1800 263 265  
[msk.org.au](http://msk.org.au)

Why am I receiving these emails?  
No longer wish to receive these emails? [unsubscribe from this list](#)

---

This email was sent to <<Email Address>>  
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)  
Musculoskeletal Australia · 263-265 Kooyong Rd · Elsternwick, Vic 3185 · Australia