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MUSCULOSKELETAL
AUSTRALIA

MSK News

Your weekly update about
COVID-19 and musculoskeletal health

9 April 2020

We've changed how we work due to COVID-19

Our office is closed but we're still hard at work. Call us weekdays between 9am and 5pm on 1800 263 265, email helpline@msk.org.au or send a message via [Facebook messenger](#). Or you can access all of our staff contact details [on our team page](#).

Keep well, stay home, check in with your family and friends regularly and stay up-to-date with everything musculoskeletal by following our socials and reading this newsletter. And please feel free to share it with other people you think will find it helpful.



Easter break

We'll be taking a short break this weekend. Our phone lines will be closed Good Friday and Easter Monday, but we'll be back ready and rejuvenated on Tuesday for your calls and emails. You can stay in touch and up-to-date via our socials and website.

And if you need help during this stressful time, there's help available. [Contact Lifeline Australia](#) on 13 11 44 for 24 hour crisis support and suicide prevention.

Masks and gloves - a must have fashion accessory this year?

OK, the heading is a little silly, but have you noticed how many people are wearing masks and/or gloves these days? Some they've clearly made using whatever they have at home. While they're lovely, do they work to protect us from COVID-19? Find out the latest information about [face masks](#) – how/if they work and things to consider before buying or making your own. And [gloves and DIY hand sanitisers](#)– what's the story there? Do they work? And do you have to sacrifice your vodka to the cause?



Inspiration for isolation

A few short months ago the thought of hanging out at home with no obligations would have been a dream. Relaxing, feet up on the couch, a cheeky afternoon nap. Now that we have to stay at home, we're all finding it a little harder to remain sane and entertained. So we've come up with a bunch of [things you can do at home this Easter long weekend](#), and into the coming months.

Pain and your amazing brain

If you're experiencing more pain at the moment, it's not surprising. When we're going through periods of stress and anxiety, we can feel pain more keenly. In this informative and entertaining presentation at our 2018 Koadlow Lecture, Prof Lorimer Moseley explains why we need to rethink what pain actually is, what factors contribute to pain and how you can tailor make your own retraining programme. Watch [Pain, the brain and your amazing protectometer](#) to find out more.



Information at your fingertips

Visit our [website](#) for up-to-date info about [COVID-19](#), managing your condition and our other events and services and follow us on [Facebook](#), [Instagram](#), [Twitter](#) and [YouTube](#).

Contact our national MSK Help Line

Our nurses are keeping on top of all the latest medical information about COVID-19, and can give you lots of helpful information and support. Contact the MSK Help Line on weekdays on 1800 263 265, email helpline@msk.org.au or send a message via [Facebook messenger](#).



Smile - and the world smiles with you

We love Magda. Did you see her video this week? To maintain social cohesion in a time of social distancing she recommends dancing! Yay! You can watch her video on [Instagram](#), [Twitter](#) and [Facebook](#). This will definitely make you smile, and hopefully get up and dance too!

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.

Musculoskeletal Australia is an ACNC registered charity. We're reliant on the generosity of the community at this time. If you've found our information and services valuable we invite you to make a tax deductible donation of whatever amount you can afford.

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