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Hello!

Cold winter days have come to an end and spring has sprung! The days are getting longer, and the sun is warming everything up. Nature seems to be celebrating, and we're here for it!

This is the perfect time to make the most of the extra daylight and the beautiful weather. Imagine leisurely walks, serene picnics, some gardening therapy, or simply unwinding with a good book. Our website is brimming with helpful resources on musculoskeletal conditions and how to live a full and healthy life. Explore [ideas](#) that can help you live well, and let's embrace this wonderful spring season together.

Take care



### Spring has sprung

Harness the warmer weather and [explore ways](#) in which you can clear out the clutter - both physically and mentally. Dedicate yourself to refreshing your body, mind, and spirit in this season of rejuvenation.



### Pain in the neck

Neck pain is a commonly encountered issue that most of us will go through at least once in our lives. The encouraging news is that the majority of neck pain cases tend to improve within a few days. We examine [neck pain](#) - its underlying causes, as well as strategies for effective management to allow you to carry on with your daily activities.



### Spring reading

Are you looking for something new to read? Then look no further. Head to the [MSK Shop](https://shop.msk.org.au) for a selection of new books to get into as well as a range of other products and gadgets to help you keep moving through life.



Please support our Spring appeal.

### Meet Anne

Anne has helped thousands of people who have called our Help Line looking for information and support to manage their condition. Please donate today, ensuring that Anne and our friendly team can continue to help people when needed, free of charge.



### Shingrix for shingles

Outcomes from the recent PBAC meeting recommended Shingrix be a designated vaccine for the prevention of herpes zoster among people aged 65 years and older. [Read more.](#)



### Do you have RA?

Want to have your say on the future of RA care? Then the Australian Rheumatology Association and Arthritis Australia would love your thoughts to help do just that! Click [here](#) to have your say.

A banner with a dark blue background and pink wavy lines. On the left is a teal circle with a white flame icon and the text 'PENINSULA HOT SPRINGS'. On the right, white text reads 'Self-Care Survey Winner Congratulations M. Smith'. Below this is a small note 'Winner will be notified by email'. At the bottom right is the MSK Australia logo and the text 'MUSCULOSKELETAL AUSTRALIA'.



### Chicken schnitzel

What's not to love about a chicken schnitzel? Here's Shalini's [recipe](#) for a healthier option for this all-time favourite.



### Mapo tofu

Why not give Kitty's [recipe](#) for Mapo tofu a go this week. It's big on flavour and packed full of protein.



### What can you do about neck pain?

[Register today](#) for our webinar on 17 October and learn how to manage neck pain and gain an understanding of why it is occurring. Shaun O'Leary, Assoc Prof in Physiotherapy will be presenting this insightful webinar.



### Lower limb pain - have your say

We've been working with the Kids Leg Pain team who are creating guidelines to help children and families experiencing chronic lower limb pain. Assoc Prof Verity Pace will host a free webinar on 20 September seeking input from parents/carers to shape these guidelines and guide research. [See here](#) for more information and to register.

### Science research project

The University of Queensland wants to know what people, with musculoskeletal conditions, think about being involved in pre-clinical research (e.g. research that happens before testing can begin in humans). Please [take this short survey](#) so that researchers can better engage people in this type of research.



### Wellness begins with connection

Celebrate World Wellness Weekend with our good friends at Peninsula Hot Springs between 15 and 17 September. Take part in wellness activities unique to the springs and experience firsthand the power of wellness when combined with the healing benefits of geothermal bathing. Click [here](#) for more information.



### Women's Health Week

This week is Women's Health Week and the theme is Grow your knowledge. We've got plenty of information on our website to help you make informed decisions about your health. Find out about [exercise and bone health](#) or watch our [webinar](#) on osteoporosis and osteopenia to get you started.

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### Dragon Talks

Join our friends at Dragon Claw for free weekly online meetings. Meet and chat with others affected by autoimmunity (patients and companions). Contact [Charmaine@dragonclaw.net](mailto:Charmaine@dragonclaw.net) or visit their [website](#).

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