



MUSCULOSKELETAL
AUSTRALIA

16 October 2023

The Pain is Real

There are over 7 million Australians living with a musculoskeletal condition! That's 1 in 3 people whose lives are negatively impacted by the pain and discomfort of muscle, bone and joint conditions like arthritis, back pain, osteoporosis, fibromyalgia and gout.

"These conditions have, for too long, been shrouded in a cloak of invisibility," says Musculoskeletal Australia (MSK) CEO, Helen Jentz. "The painful impacts these conditions have on people's lives, their work, their relationships, their everyday activities, is significant and real."

"That's why Musculoskeletal Australia's national day of action is asking you to Rattle Ya Bones!"

Rattle Ya Bones Day on Tuesday 31 October is the national call to action for all Australians to be muscle, bone and joint aware. It is an opportunity to **get informed** and **get supported** and help Musculoskeletal Australia raise awareness and funds to make a real and significant impact to improve Australia's musculoskeletal health.

"For far too long people living with the real pain and discomfort of a musculoskeletal condition have felt invisible," MSK Board Chair, Jade Rowarth states. "Chronic pain, impediments to mobility, discomfort and generally having your everyday life be a constant struggle is not okay."

"It is so important that people living with these conditions and those who love and care for them have access to the best possible information and support. That is what Musculoskeletal Australia is here for!"

Rattle Ya Bones Day encourages all Australians to get informed and get supported when it comes to musculoskeletal health. There are resources, information and support services available, including MSK's National Arthritis and Back Pain+ Help Line.

"We want all Australians to shake, rattle, be informed and support our national call to action for better musculoskeletal health," Ms Jentz said. "It is time the people who live with the real pain of musculoskeletal conditions, our friends, family, work colleagues, stop feeling invisible!"

To rattle your support behind Rattle Ya Bones Day 2023, go to www.msk.org.au to donate. You can also [download](#) and share our social media kit to help raise awareness and understanding.

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QUICK FACTS ON MUSCULOSKELETAL CONDITIONS AND MUSCULOSKELETAL AUSTRALIA

- Musculoskeletal conditions are the leading contributor to disability worldwide, with lower back pain being the single leading cause of disability.
- Conditions include back pain, osteoarthritis, rheumatoid arthritis, osteoporosis, fibromyalgia and gout.
- Musculoskeletal conditions are the third highest contributor to Australia's burden of disease at 4.2%¹
- Musculoskeletal Australia is a national, for-impact, consumer-focused organisation committed to delivering quality services and support to Australians living with musculoskeletal conditions.
- Contact the nurse-led National Arthritis and Back Pain+ Help Line on 1800 263 265 or email helpline@msk.org.au
- For more information on Rattle Ya Bones Day go to www.msk.org.au/rattle-ya-bones-day

¹ Australian Institute of Health and Welfare *Australia Burden of Disease Study 2022*