



Hello to all our valued Musculoskeletal Australia supporters!

Get ready. Get set. Get rattling! That's right 31 October is national Rattle Ya Bones Day and it's time to shed the cloak of invisibility for more than 7 million Australians living with musculoskeletal conditions.

Rattle Ya Bones Day will kick off with a special live event in Melbourne where we will hear from some incredible speakers including Bianka Ismailovski and Lorimer Moseley. It would be great if all our supporters based in Melbourne could join us! To RSVP or for more information click [here](#). Not in Melbourne? Don't worry, the event will be live streamed on MSK's [Facebook page](#) so you can be a part of this important event.

A feature of Rattle Ya Bones Day this year is the annual Koadlow Community Lecture which is being delivered by multi-award-winning national science journalist for The Age and the Sydney Morning Herald, Liam Mannix. Liam will be sharing his investigation into the back pain industry and the new science that just might offer a solution, which he has documented in his highly acclaimed book 'Back Up'. [Register here](#) for a Lecture that's not to be missed.

Last but certainly not least, Musculoskeletal Australia, in partnership with the Australian Rheumatology Association and Pain Australia, is pleased to announce that the 2023 National Musculoskeletal Consumer Survey will launch on 31 October. The largest of its kind, the survey is an incredible opportunity for you to make the invisible visible and shine a spotlight on the burden of musculoskeletal conditions across Australia. It is incredibly important that you make your voice heard and contribute to the national musculoskeletal discussion to drive positive, systemic change for the millions of Australians whose lives are negatively impacted by these conditions. Make sure you visit [our website](#) and follow us on social media to stay up to date.

I am incredibly excited and honoured to be joining Musculoskeletal Australia at such an exciting and busy time and I look forward to working with you all to make a real difference to the health and well-being of so many people.

Thank you for your support!

Regards,
Helen Jentz
Chief Executive Officer



Know your condition

With so much information out there, it can be difficult to work out what is helpful and what is misleading. [Here's some tips](#) on questions to ask when looking for new health information.



Inflammation - what is it?

We talk a lot about inflammation. But what is it? What's happening to your body when you have inflammation? [Find out](#) about acute and chronic inflammation.

RATTLE YA BONES DAY
A national day of awareness for all muscle, bone and joint conditions
TUESDAY
31 OCTOBER 2023

Reserve your ticket today

Rattle Ya Bones Day
October 31st
A National Day of Awareness for all muscle, bone and joint conditions

10 am
National Musculoskeletal Consumer Survey Launch
by Josh Burns MP

7 pm
Koadlow Community Lecture
Presenter: Liam Mannix
Award-winning National Science Journalist

BACK UP
Why back pain treatments aren't working and the new science offering hope



Visiting a rheumatologist

If your GP thinks you have, or has diagnosed you with a muscle, bone or joint condition, they may refer you to a rheumatologist. [Here's some things](#) you can expect from a rheumatology consultation.



Will power

Our friends at [Willed](#) are offering a 50% discount from 30 October to 5 November on standard Wills. Make an ongoing difference to people living with musculoskeletal conditions by considering a charitable gift.




Koadlow Community Lecture

OCT 31st

Please join us online for an insightful evening featuring award-winning journalist Liam Mannix, author of Back Up - an investigation into the back pain industry and the new science that just might offer a solution.

This promises to be an event you won't want to miss.

For more information visit <https://rb.gy/1r4zg>



Chicken meatball pasta

Shalini's passion for Italian cuisine shines in this fresh [pasta dish](#) combining broccoli and chicken meatballs...and a little hit of chilli! Why not give it a go tonight?



Boost your Vitamin C

Give your immune system a boost with this Vitamin C beverage [recipe](#) from Kitty. Passionfruit and lemons make for a zesty drink!




National Arthritis and Back Pain + Help Line

Call Now 1800 263 265



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HOPE4OA™

Do you have chronic knee pain or have been diagnosed with knee osteoarthritis (OA)?

You may be interested in taking part in a new clinical research study. The study is for an investigational injectable medication for chronic knee pain due to OA.

[Find out if you qualify](#) to take part in the study.

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PO Box 130 Caulfield South, VIC 3162
P: 03 8531 8000 ♦ E: info@msk.org.au
National Arthritis and Back Pain+ Help Line 1800 263 265
msk.org.au

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