



Hello to all our valued Musculoskeletal Australia supporters!

What an amazing first few weeks with Musculoskeletal Australia! Between getting myself (somewhat) settled and learning as much as I can about our organisation's long and proud history, to gearing up for Rattle Ya Bones Day and the launch of the 2023 National Musculoskeletal Consumer Survey, it has truly been an exciting time!

The **BIG** focus of this month is, of course, the Consumer Survey. Along with our 2023 Survey partners the Australian Rheumatology Association and Painaustralia, we have set an ambitious goal of securing over 5,000 responses. We are off to a cracking start, with over 1500 people completing the survey in the first 24 hours. But that is just the start. We need your help and support to ensure as many of the 7 million plus Australians living with or caring for someone who has a musculoskeletal condition has the opportunity to have their voice heard and contribute to the work that we do to drive positive, systemic and lasting improvements to musculoskeletal health and wellbeing around the country.

There are three simple things you can do to help us surpass our target and build the largest musculoskeletal survey in Australia:

1. Complete the survey – follow [this link](#)
2. Promote and distribute the survey through ALL your personal and professional networks
3. Get on to social media and post, post, post so as many people as possible have access to and complete the survey. Download all you need to do this [here](#)

There is lots of information available on the Musculoskeletal Australia website, so head to www.msk.org.au

In our next edition of MSK News, we will be shining a spotlight on all things Rattle Ya Bones Day 2023, including the amazing Koadlow Community Lecture.

Until then, as always, thank you for your ongoing support and commitment.



National Musculoskeletal Consumer Survey

Are you one of the 1 in 3 Australians living with a musculoskeletal condition? Back pain, gout, osteoporosis, arthritis, or another muscle, bone and joint condition? [Please take part](#) in the 2023 National Musculoskeletal Consumer Survey and have your experience heard.



Medicinal cannabis update

[Register today](#) for our webinar on 21 November where Prof Iain McGregor will provide an update on the latest evidence and thinking around medicinal cannabis with a focus on the safety and efficacy of it in the treatment of chronic pain and musculoskeletal conditions.



Get your hands dirty

There's no better time of year to be out in the garden. And gardening is a great way to relax, and it's often a good workout. Sometimes, though, your condition could impact your ability to do this. [Here are things](#) you can try to help you get back out there and enjoy mother nature.



7 sleep tips

Persistent pain can sometimes get in the way of a good night's sleep. Not getting enough good quality sleep can affect your pain levels, your muscle tension and your anxiety levels. This can become a vicious cycle. There are, however, [many things you can do](#) to ensure you get back to having good quality zzz's.



Weeding out the facts

Did you know that cannabis has been used for medicinal purposes for thousands of years? That is until it became a banned or controlled substance in many parts of the world. [We explore](#) its use for pain and musculoskeletal conditions.



Mmm...muesli

It doesn't come much healthier, or tastier than Shalini's [homemade muesli](#). Perfect to get you started in the morning, it will keep you going all day long. And it's great to snack on too. Throw a batch together today - you're going to love it!

National Arthritis and Back Pain + Help Line

Call Now **1800 263 265**

MUSCULOSKELETAL AUSTRALIA



Weddings parties...anything

Whether at work, home, school, celebrating weddings or birthdays, fundraising in your local community for MSK is a terrific way to support people with musculoskeletal conditions. Check [here](#) for some ideas.



Do you have hand osteoarthritis?

Relief could be on the way. A Monash University and Alfred Health-led study found an affordable existing drug can help. Because until now, there really has been no effective treatment. Find out more [here](#).



2023 NATIONAL
MUSCULOSKELETAL
CONSUMER SURVEY



Have your experience heard
and go in the draw to win one of four
\$250 online gift cards

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