Dear MSK Supporters,

For nearly 60 years Musculoskeletal Health Australia has had your back (and your bones, muscles and connective tissues). Musculoskeletal health is so important to all of us. That is why we are all about KNOWLEGE, CHOICE and CONNECTION when it comes to developing and delivering services, support, and information that helps all Australians with their musculoskeletal health.

Our national B.A.M. Helpline is a one of a kind telephone and email support service for those living with back pain, arthritis and musculoskeletal conditions. Staffed by qualified health care professionals, the B.A.M. Helpline is a free health information service available to everyone. So if you are currently one of the 7 million plus Australians whose quality of life is impacted by back pain, arthritis or the other 150 musculoskeletal conditions, or simply someone who wants to know more about supporting good musculoskeletal health, please call us on 1800 263 265.

To help us do more, especially for the 4 million Australians living with the significant impacts, including disability, caused by back pain, we need your help and support. Our 2024 Tax Appeal has kicked off and we want all Australians to know that MHA has GOT YOUR BACK. For further information on our Tax Appeal and to make a donation please click here.

As you will read below, we have another FULL edition of MSK News with interesting articles as well as access to our self-care plan for back pain. Enjoy!

Until next time.

Helen Jentz
Chief Executive Officer

Connective (t)ISSUES
A source you can trust

How many of us jump onto social media platforms seeking health advice? Quite a lot apparently. A recent study found that 9 out of 10 Aussies have taken wellness advice from social media platforms. Read more about knowing where to turn for reliable, evidence-based health information and advice.
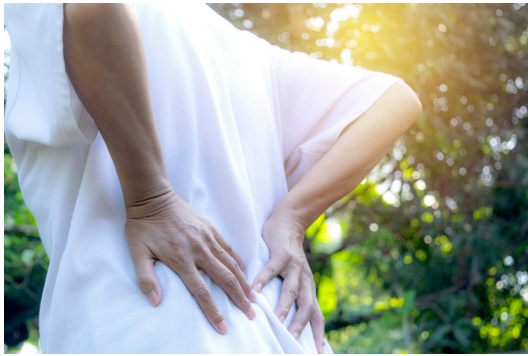
Did you know...

...that back pain is the leading cause of disability in the world? And yet people with back pain are still having to deal with disbelief or suspicion. We shine a light on the very real issue of back pain.

Back to basics

Ever wondered how your back works, the causes of back pain and what you can do to manage back pain and prevent future problems? We'll help you to understand back pain. Read how here.

The stats are alarming!

Shockingly 4 million Australians live with back pain. You can help. Please donate today and help provide essential services and support to those impacted.

The microbiome and you

Join our FREE webinar on 31 July where Conjoint Prof Marissa Lassere will review the methodology that has been developed to evaluate the human microbiome.

A plan for back pain

Learning you have back pain can be the beginning of an expedition into unknown territory. We've developed a self-care plan to support you as you learn about your condition and to help you become an active driver of your musculoskeletal health.

Time to spice things up

There's nothing better than a hot spicy soup to warm you up from the inside out on a cold winter's night. This spicy lentil soup ticks all the boxes, so why not whip up a batch this week for you and the whole family to enjoy. You can find the recipe here.

Spinal chord stimulators

Can the use of spinal chord stimulators treat chronic back pain? Recent experimental studies indicate that there could be a risk of harm for people who undertake spinal chord stimulator procedures. Find out more in The Conversation's article.

Helpline for back pain

Researchers at the University of Sydney have been awarded a grant to partner with MHA to find cost effective and impactful solutions to improve the health outcomes of the millions of Australians living with low back pain. Read more about this partnership grant here.

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