
MSK NEWS

MUSCULOSKELETAL
AUSTRALIA

The news you can use

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Issue 78

A big thanks to all our supporters who lend a hand!

We know that lending a hand is something we all should do and it is what our incredible supporters, like you, do each and every year, to make sure Musculoskeletal Australia (MSK) can continue to provide services, support and information. MSK is all about lending a hand and making sure everyone has access to knowledge and information, has choice when it comes to their health and is connected and supported when it comes to their musculoskeletal health.

Over the coming weeks we will be launching our 2024 tax appeal and calling on all our supporters and their friends, families and networks to lend a hand (more details in the next edition of MSK News).

In the meantime, let's talk about hands! A part of our bodies, I think, we generally take for granted. They do so much and we give them so little credit. What happens when using our hands becomes a problem? Hand OA is a painful and complex condition that most commonly affects the hands, fingers, base of the thumb and the wrist. That's why this week we are putting our hands together (pardon the pun) and giving a round of applause (more puns!) to the 'humble' hand with our upcoming consumer webinar Understanding and Managing Thumb Arthritis with accredited hand therapist Jessica Cauchi on Tuesday 23 April. [REGISTER NOW!](#) Also, have a read of our Connective (t)ISSUES column - we're sure you'll give it a BIG Thumbs UP!

Until next time.

Helen Jentz

Chief Executive Officer



Connective (t)ISSUES Column It's all in the hands

Hands...they tend to be two things we take for granted. They really do an awful lot for us. But what happens when using our hands is painful or difficult? OA is the most common form of hand arthritis. [Let's look](#) at things you can do to manage it.



Focus group

Do you use complementary medicines? Ever wondered about how herbs, supplements or the foods you eat interact with prescription medications? In partnership with Unity Health we are conducting a series of focus groups on complementary medicines and living with musculoskeletal conditions. [Learn more](#) here.



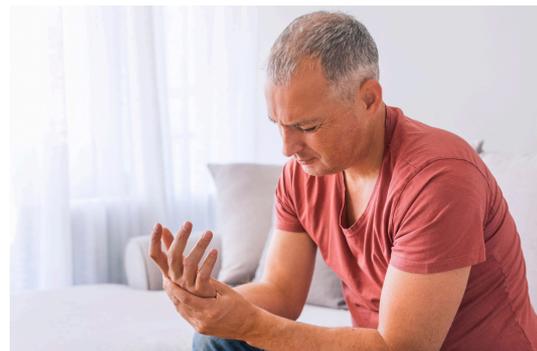
A webinar you won't want to miss!

Join our complimentary webinar on 23 April exploring 'Understanding and managing thumb arthritis'. Gain insights into osteoarthritis and discover the latest hand therapy techniques for effective management. [Secure your spot now!](#)



What is Raynaud's phenomenon?

Named after the French doctor Maurice Raynaud who originally described it, this condition causes the blood vessels to the extremities, usually fingers and toes, to constrict more than usual in response to cold temperatures or stress. Learn more about this phenomenon [here](#).



You and your hands

Our hands are complex and delicate structures made up of many bones, joints, muscles, ligaments and tendons. Arthritis and musculoskeletal conditions that affect the hands can have a great impact on daily activities and livelihood. [Read more](#) about things that can be done to manage them.



Join a club that matters

We invite you to join our monthly giving program, the 15 Club. Members contribute a monthly donation of \$15 on the 15th of each month - that's less than the cost of a cup of coffee per week. [Join today](#) and help bring positive change to countless people living with musculoskeletal conditions.



Warm tasty treats

These yummy spinach and feta triangles make for a perfect snack or appetiser. Filled with silverbeet, feta, parsley and dill, they're sure to delight. Why not give them a try this weekend to share with family and friends. Check out the full recipe [here](#). Enjoy!

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A woman wearing a white long-sleeved shirt, orange pants, and a blue visor is standing next to a black and silver walker. The walker has a basket and a bag attached to it. The background is a dark blue gradient.

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