

THE RATTLER

For everything you **MUSCHA** know



19 December 2024 | Issue 94

Welcome to the final edition of Musculoskeletal Health Australia's The Rattler for 2024.

We are incredibly grateful for your support this year. Together, we've accomplished some amazing things! Some standout moments for me from 2024 are, of course, setting a national record for the largest chair-based exercise class with The World's BIGGEST Sit In. We did incredibly important work including working with women from around Victoria to tell their stories as part of the focus groups we held to support the women's pain inquiry. And we continue to build on our long and proud history of being involved in cutting edge research with researchers and academics from around the globe to gather evidence that drives the delivery of accessible, affordable and effective treatments that make a real difference to the lives of so many Australians. And this is just a snapshot of some of the things we were able to achieve this year with your support!

Now, it's time to take a well-deserved break to reflect and recharge. Our office and helpline will be closed from Friday 20 December 2024 and will reopen on Monday 6 January 2025.

Take care, stay safe, and enjoy the festive season with family and friends. With your continued support and dedication, MHA is looking forward to an even bigger and brighter 2025!

Regards,

Helen and all the MHA Team

P.S. There is still time to donate to our end of year appeal. If you haven't already, I encourage you to [read Jade's story](#) and [make your donation](#) by December 31 to help us provide support to those in need.

Read MHA Chair, Jades story and help support our appeal

Easy and enjoyable to make - coconut, cranberry energy bites

Five simple gift ideas to share with family and friends



I joined the MHA Board to be part of the solution to help people, like my mum.



No bake, nutritious and delicious. This simple recipe is great for the school holidays.



Read about our teams top picks for gifts that can offer comfort and relief.

The A-Z on musculoskeletal health



Easy to understand downloads to help you learn about and manage your musculoskeletal health

Get involved in international research



Take the survey to advance knowledge on cardiovascular prevention and diseases

Osteosarcopenia: A hidden health concern



The good news is that osteosarcopenia can be managed with early detection and the right approach

Daily living aids for dressing and grooming

SHOP NOW

ETAC Hair washer

ETAC Beauty Comb

kings Button Hook

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Aged 18 or over? Read about updates on eligibility for the shingrix vaccine

Live in SA? Help shape the future of musculoskeletal research



Are you interested in shaping the future of research into musculoskeletal and rheumatic conditions in South Australia?

If you're a clinician, researcher, someone with or caring for a person with a musculoskeletal or rheumatic condition, we would love to hear from you.

Please complete the survey via the QR code or at: <https://redcap.link/musculoskeletal.research.SA>

We anticipate the survey will take approx 10 mins for consumers & clinicians & 20 mins for researchers



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