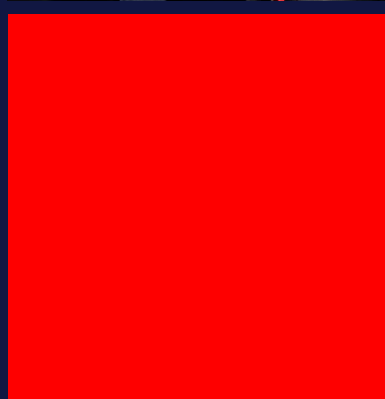
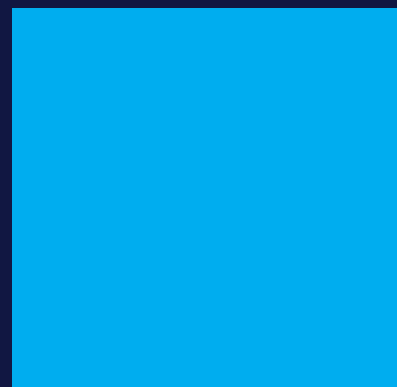




**Musculoskeletal  
Health Australia**  
Knowledge. Choice. Connection.

2024

# Annual Report



Musculoskeletal Health Australia acknowledges Aboriginal and Torres Strait Islander peoples as the Traditional Owners of all the lands where we come together to work and live throughout Australia. We pay our respects to the people, the cultures and Elders, past, present and emerging.



# Mission, Vision & Principles

## Mission

We exist to improve knowledge, choice and connection that drives positive outcomes for people impacted by musculoskeletal conditions, and to promote excellence in support and care.



## Vision

By 2050 all Australians live free from the negative impacts of musculoskeletal conditions.

## Diversity, Inclusion, Equity

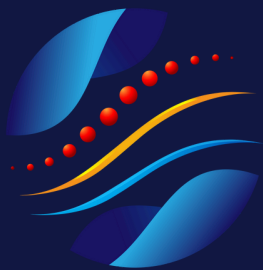
Everyone, no matter their circumstances or where they come from, must have access to information, support, and services to manage and make decisions about their musculoskeletal health tailored to their specific needs.



## Accountability, Integrity, Respect

Our actions and work will reflect the care and respect that people are entitled to when managing their musculoskeletal health and wellbeing. Evidence based research and lived experience are the foundation of all our activities.





# Message from the Chair

My column for the 2023 Annual Report said that the Board and MHA team were looking forward to an incredibly successful 2024, driving action and activities to improve Australia's musculoskeletal health and empowering consumers to lead the charge when it comes to their own health and wellbeing.

So it is with great satisfaction that I write this column and reflect on a year that has delivered all of the above and so much more.

For an organisation that has been supporting and delivering essential services to Australians living with the life altering impacts of musculoskeletal disease for nearly 60 years, every year offers new challenges. But more than this, every year offers up new and exciting opportunities to have a significant and meaningful impact on people's lives and on the way, Australians can improve their musculoskeletal health.

Building on the strong and still relevant foundations that were set by Dr Leslie Koadlow AO, Alice Petty and Mollie Richards, and always being informed by the wants and needs of consumers living with musculoskeletal conditions, the Board and staff have spent 2024 focused on expanding the impact of our organisation.

The launch of Musculoskeletal Health Awareness Month (MHAM) and the World's Biggest Sit In (WBSI) positioned musculoskeletal health front and centre around the country. With over 300 people sitting down and getting active at the same time, MHA set a national record for the most people completing a chair-based workout. But it was much more than that!



**Jade Rowarth**

Chair



For too long musculoskeletal health has remained a hidden epidemic. Living with musculoskeletal conditions is life altering and the impacts are far reaching. Musculoskeletal health is not currently a national health priority. MHA remains focused on changing this. On being the national voice not only for people living with musculoskeletal disease but for all Australians who deserve the support they need to ensure they have the best musculoskeletal health possible. MHAM and WSBI are just two ways we are doing this!

Our commitment to delivering exceptional services and support remains central to why we do what we do. The MHA National B.A.M (Back pain, Arthritis and Musculoskeletal Conditions) Helpline - the only free national helpline dedicated to all things musculoskeletal and staffed by highly qualified health care professionals - continued to provide support to thousands of Australians seeking guidance and empowerment to take charge of their musculoskeletal health.

Ensuring consumers' lived experience, views and opinions are central to decisions made about research, health services and health policy was reflected throughout the course of the year in initiatives such as the National Helpline Project in partnership with the University of Sydney, the Demmer grant funded First Nations Victorians Back Pain project and the Women's Pain Inquiry Focus groups.

Being part of an organisation like MHA is rewarding in so many ways. Working with other Directors and the MHA team to deliver services and support that have such far reaching and meaningful impact is why we continue to do what we do. I would like to take this opportunity to thank my fellow Directors for their ongoing commitment and dedication to MHA. To the MHA team, congratulations on a successful and incredibly impactful 2024.

Before we turn our focus to 2025, I want to take a minute to thank-YOU, our passionate, committed and empowered volunteers, supporters and consumers. You are the driving force behind MHA and together we are making a difference to the musculoskeletal health of all Australians.







# Message from the CEO

Being part of a team that is dedicated to having impact and empowering Australians to have the confidence, support and information they need to be empowered and drive decisions about their musculoskeletal health is a privilege.

Whilst every year working in a not-for-profit organisation is challenging, 2024 has been an exciting and invigorating year for Musculoskeletal Health Australia.

2024 saw MHA launch a major annual campaign with Musculoskeletal Health Awareness Month (MHAM) and the World's Biggest Sit In (WBSI). Taking a novel and fresh approach to engaging all Australians to get moving (in a different way), MHAM and WBSI are all about focusing attention on the importance of good musculoskeletal health as well as highlighting lifelong challenges faced by people living with musculoskeletal disease. The inaugural campaign was an incredible success thanks in large part to the amazing MHA Team, the MHA Board of Directors, our WBSI Ambassador and all-round champion instructor Tiff Hall, our amazing partner Epijoint, our supporters and of course all those people from around the country who participated in and engaged with the campaign.

Our activities throughout the year saw MHA take centre stage at a number of national conferences, events and meetings, leading the national agenda for better musculoskeletal health and demanding increased services and support to ensure consumers have control over their musculoskeletal health journey.

MHA's focus and dedication to delivering free, evidence-based services and support including through our completely self-funded B.A.M Helpline – the only national back pain, arthritis and musculoskeletal helpline staffed by qualified health care professionals highlights just one of many ways that we are committed to ensuring all Australians have access to the best possible musculoskeletal services and support available.

Our world class annual free webinar series delivered by leading experts across all areas of health were once again a highlight throughout the year. I would like to extend my sincere thanks to our amazing presenters this year.

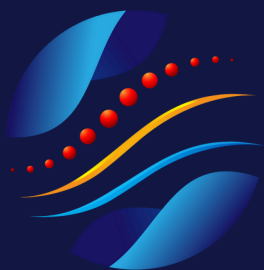
MHA continued to develop free, accessible and relevant information for those looking to take charge of their musculoskeletal health, including our A-Z Pain Guide and our range of self-care plans.

The partnerships we have forged throughout the year with universities from across the country (and the world) evidence our commitment to driving practical, consumer focused research forward so that real and lasting solutions can be found for musculoskeletal disease and its management.

I would like to take this opportunity to congratulate the incredible Musculoskeletal Health Australia team. Their drive, commitment and passion for delivering services and support that improve Australia's musculoskeletal health is unparalleled. To the MHA Directors, thank you for your ongoing support and belief in what we, as an organisation can achieve. Finally, to our volunteers, supporters, donors and champions, a huge thank you. The real impact MHA has on people's lives will see us achieve an Australia where all people live free from the negative impacts of musculoskeletal conditions.

Helen Jentz

CEO



# Consumer Advisory Committee Report

As we reflect on 2024, I would like to sincerely thank and acknowledge the invaluable contributions of the members of the MHA Consumer Advisory Committee (CAC). Throughout the year, CAC members have generously dedicated their time, expertise, and lived experience to support improved outcomes for individuals experiencing the impacts of musculoskeletal conditions. The dedication of the MHA CAC has played a pivotal role in enhancing Musculoskeletal Health Australia's efforts to address the challenges faced by those affected by these conditions.

## Key Contributions

The MHA CAC has provided important input across a number of areas, ensuring the voices of consumers are instrumental in MHA activities and the needs of individuals experiencing musculoskeletal conditions are prioritised.

In 2024, the committee was involved in a range of key initiatives including:

- **Women's Pain Inquiry:** Members of the CAC offered important feedback and insights to inform the Women's Pain Inquiry, a vital initiative aimed at addressing the unique challenges faced by women experiencing pain due to musculoskeletal conditions.
- **Consumer Ambassadors for Rheumatoid Arthritis Campaign:** Members of the MHA CAC contributed their experience and perspective to a public campaign helping raise awareness of rheumatoid arthritis and the strategies they employ in managing the condition.
- **B.A.M. Helpline:** The committee provided valuable input to the B.A.M. Helpline review, ensuring the future direction of the service is aligned with the needs of people impacted by musculoskeletal conditions.





The committee also actively engages in the development of information, support services, and advocacy efforts. The committee ensures that the consumer perspective is central to MHA's decision-making process, driving national awareness, understanding, and action on Australia's musculoskeletal health.

As Chair of the MHA Consumer Advisory Committee, I would like to again express my thanks to the committee for their commitment, and contribution throughout 2024. Their input into the projects undertaken, have provided insight from a consumer experience, which is invaluable in understanding how musculoskeletal conditions and treatments impact people living with them. One particularly enlightening experience was the presentation at our December meeting by the University of Sydney (USyd) around the Back Pain, Arthritis and Musculoskeletal Health Helpline. The CAC had some robust and informative discussions which enabled the USyd team to rethink some of their ideas. Sharing knowledge and experiences from real people gives a more legitimate and meaningful outcome when designing new programs. This was just one of many initiatives the CAC has been involved in. We look forward to continuing the great work we've started, refining our role, and expanding to include a broader community of advisors.

The work of the MHA CAC continues to be integral to the progress Musculoskeletal Health Australia makes each year in supporting people living with musculoskeletal conditions. Together, we are making a tangible difference in the lives of many and advancing the national conversation around musculoskeletal health.

## Angela Brown

CHAIR CONSUMER ADVISORY COMMITTEE





# 2024 Community Webinar Series

MHA's webinars bring together leading national and international experts and consumers to discuss a broad range of topics, from preventative care to the latest research on managing musculoskeletal health and disease. The 2024 series was another stand out year, with ten webinars - including the prestigious Koadlow Lecture.

The series is specifically designed to empower individuals with the knowledge they need to make informed decisions about their musculoskeletal health and well-being.

Our sincere thanks go out to all the presenters who support and contribute to this important initiative, ensuring that valuable health information is accessible to all, regardless of location and socioeconomic status.

Our 2024 webinar series is now available to view on our website or YouTube channel.

## Topics include:

- Psoriatic arthritis, working well with your healthcare provider, thumb arthritis, osteoarthritis and exercise, role of the microbiome , axial spondyloarthritis and Sjogren's disease.

**Reach:** Australia, Canada, Ethiopia, India, Indonesia, Ireland, Israel, Malaysia, Mauritius, New Zealand, Norway, Qatar, Saudi Arabia, Singapore, Slovenia, Uganda, United Kingdom, United States



“Very well presented. Very informative. Easy to understand. Helped me understand a lot more about my condition and how to manage it. Thank you.”

Total combined  
webinar  
registrations

**16,932**



# Musculoskeletal Health Awareness Month

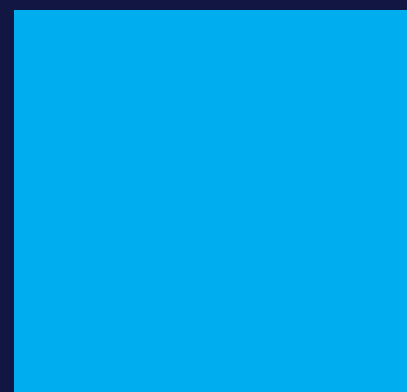
October was Musculoskeletal Health Awareness Month (MHAM). An opportunity for all Australians to shine a big bright spotlight on muscle, bone and joint health. The month sees people around the globe celebrate incredibly important initiatives including World Arthritis Day, World Spine Day, and World Paediatric Bone and Joint Day. For MHA October was all about raising awareness, empowering consumers, supporting health care professionals and driving real and lasting change to build Australia's musculoskeletal health and make it a top priority for everyBODY.

## MHAM's Goals:

1. To promote musculoskeletal health: Musculoskeletal health is essential for overall well-being.
2. To build awareness and understanding of musculoskeletal disease: Shining a spotlight on these often-overlooked conditions and the significant and lifelong impacts they can have.
3. To get people moving: Providing avenues through which everyone can get physically active and enjoy activities that support musculoskeletal health.

MHAM 2024 was a huge success, raising awareness and understanding through a range of activities and resources, including:

**The Koadlow Community Lecture:** "Lifestyle Choices That Impact Musculoskeletal Health" on October 12 for World Arthritis Day— presented by Professor Rana Hinman.



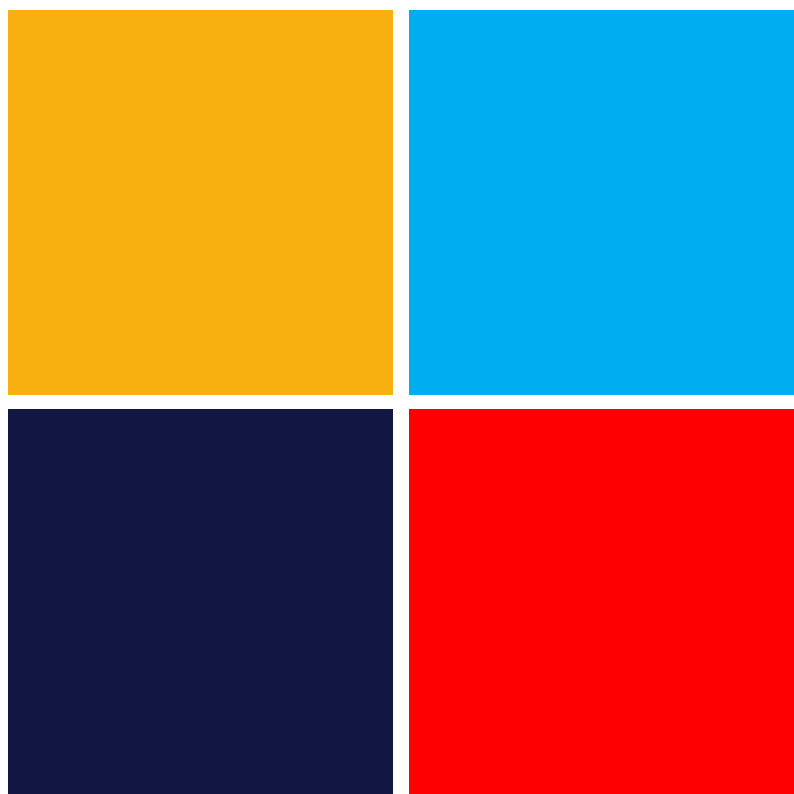


**The MHAM Webinar Series:** The delivery of free weekly webinars for consumers and healthcare professionals, packed with tips and insights on musculoskeletal health.

**The World's Biggest Sit In:** On October 31, Australia got moving with the inaugural World's Biggest Sit In. Participants joined a world record attempt for the largest chair-based exercise workout. Whilst the World Record is still in MHA's sights the 2024 WBSI did set a new national record!

**MHAM Weekly Newsletters:** Throughout October MHA subscribers received weekly updates, resources, delicious recipes, and articles all focused on musculoskeletal conditions and tools to support good musculoskeletal health.

Through awareness, education, physical activity, and connection, MHAM is committed to empowering everyone to take charge of and be in control of their musculoskeletal health.



# The World's Biggest Sit In

On Thursday, October 31 2024, Musculoskeletal Health Australia, in partnership with epijoint, hosted the inaugural World's Biggest Sit In (WBSI) at the beautiful Rippon Lea Estate in Melbourne. WBSI 2024 set a national record for the largest chair-based exercise class ever held, and in doing so promoted awareness of musculoskeletal health and raised the profile of musculoskeletal disease.

Part of Musculoskeletal Health Awareness Month, the Sit In ignited a much needed national conversation about the importance of being active for musculoskeletal health.

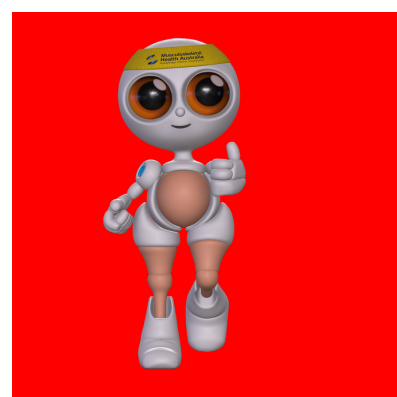
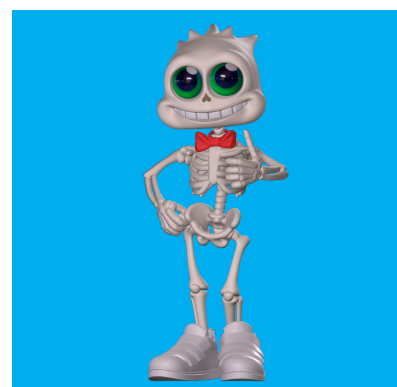
This event was only possible with the incredible support of our partner, epijoint – a huge thank you. MHA also extends our sincere thanks to our sponsors: the City of Glen Eira, Peninsula Hot Springs, Pfizer, and corporate supporter Zea.

To our incredible WBSI 2024 Ambassador, the amazing Tiff Hall - with her passion and expertise, and drawing on her own experience with osteoarthritis, she was the perfect choice to lead the workout. Tiff delivered a class that was engaging, enjoyable, and accessible for participants of all ages and abilities and most importantly, she made it a lot of FUN!

While setting a national record is a great achievement, the true success of WBSI lies in the conversations started, the awareness raised, and the changes participants have implemented into their everyday lives.

MHA is proud of how this initiative has built awareness and understanding of musculoskeletal health and disease. WBSI is the only national campaign that advocates for better musculoskeletal health for all Australians.

epijoint proudly presents  
**THE WORLD'S<sup>TM</sup> BIGGEST SIT IN**  
Ready | Sit | Move  
An initiative of Musculoskeletal Health Australia

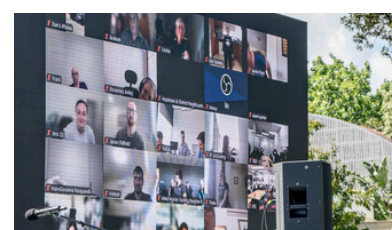
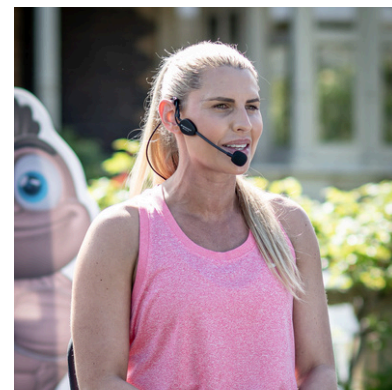
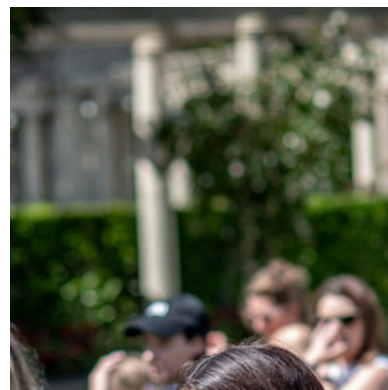
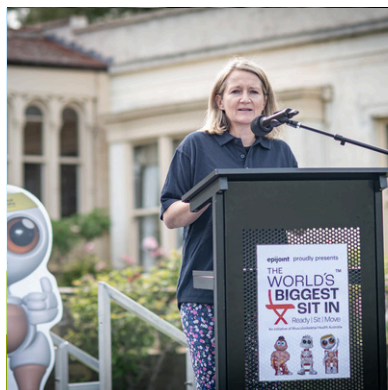




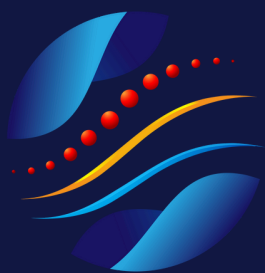


But 2024 was only the beginning. MHA is committed to growing WBSI into a global movement, and we look forward to an even bigger event in 2025. More participants, more supporters, and an even greater impact, raising awareness and inspiring action to improve musculoskeletal health worldwide, while raising funds to deliver free services and support to ensure all Australians are in charge of their musculoskeletal health.

Thank you to everyone who contributed to the success of WBSI 2024. Your support has made a lasting difference, and we are excited for what's to come in 2025.







# B.A.M. Helpline

Back pain, Arthritis and Musculoskeletal Conditions Helpline

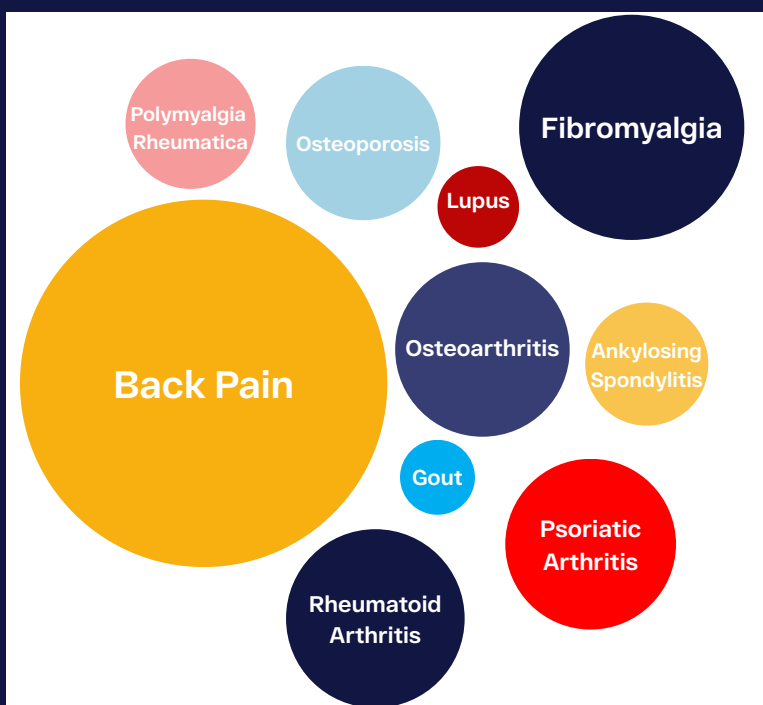
Our free, national helpline service continues to provide trusted support and connection for those impacted by musculoskeletal conditions.

During 2024, the Helpline fielded many calls relating to critical health issues including pain management, condition management, medication information and, navigating health services and support. These issues often overlapped with other challenges such as mental health, social isolation, cost of living pressures, and flexibility at work. This highlights the critical importance of MHA's self-funded, healthcare professional staffed national helpline. The complexity and multi-faceted issues faced by those living with musculoskeletal disease requires free, on-call support. That is what the B.A.M. Helpline provides.

Another exciting development in 2024, was the announcement that MHA and the University of Sydney were successful in securing funding from the National Health and Medical Research Council (NHMRC) to explore how the B.A.M. Helpline can deliver tangible health outcomes for people living with back pain. The project will see our helpline service expanded to provide greater community support services for low back pain nationally.

We look forward to sharing project updates and impacts on this exciting initiative.

## TOP 10 CONDITIONS



## CALLERS BY LOCATION





# Volunteers

A huge thank-you to our dedicated volunteers, whose invaluable contributions continue to be essential to our success. MHA is also fortunate to have access to a range of talented healthcare professionals including a dietician and nutritionist, physiotherapists, rheumatologists, general practitioners, pharmacists...the list goes on whose generosity, expert knowledge and creativity have supported the development of so many of MHA's projects and initiatives.

We would also like to acknowledge the incredible work of our archivist, who has played a vital role in preserving the rich history of our organisation. Through their careful documentation and commitment to safeguarding our past, our organisation's legacy continues to inspire and inform our future. To all our volunteers, we are very grateful for the time, energy, and expertise you share with us. Your efforts have such a significant impact, and we are honoured to have you as part of our team.

# Peer support

For many years our peer support groups have provided a welcoming space for individuals to connect, share experiences, and offer mutual support. We sincerely thank the dedicated people who lead and facilitate these groups.

In addition to regular in person and online group discussions, activities offered by some of the groups include:

- Chair-based exercise
- Nordic walking
- Tai Chi
- Warm water exercise

We are grateful for the leaders and participants who make these groups a success.



# MHA Kids

MHA Kids is all about connecting young people and their families with support, information and opportunities that are specifically relevant to them and their experiences.

Whether via email, newsletter, social media or through our exclusive secure platform Teen Talk, MHA continues to provide avenues for children, young people and their families and carers to learn about and be part of a supportive community that can help navigate life living with a chronic musculoskeletal disease.

For more information on MSK Kids and Teen Talk visit:  
[muscha.org/msk-kids](https://muscha.org/msk-kids)



# Friends of MHA

To all our **Friends of MHA** for your support and commitment to keeping informed about issues relating to musculoskeletal health and conditions, MHA thanks you!

**Friends of MHA** subscriptions are one way that MHA receives much needed financial support to continue to produce information and resources aimed at improving the lives of people living with musculoskeletal conditions, like arthritis, osteoporosis, fibromyalgia and back pain.

The support of MHA's **Friends** helps us to continue to deliver free services and support and work towards achieving an Australia that is living free from the negative impact of musculoskeletal conditions.

Becoming a **Friend of MHA** is easy, simply email us at [info@muscha.org](mailto:info@muscha.org)







# MHA's Digital Reach



Followers  
Impressions  
Engagement

6723  
100481  
1584



23%  
890%  
235%



Website visits  
253,560



Followers  
Engagement

1421  
66



9%  
24.5%



Newsletter subscribers  
10,800

Throughout 2024, MHA experienced significant growth in terms of our social media presence. Those following MHA increased and we saw significant growth in engagement across Facebook, Instagram, Twitter, and LinkedIn.

October with Musculoskeletal Health Awareness Month and The World's Biggest Sit In delivered increased engagement and interactions across all social media platforms. In December greater engagement was seen for our annual Christmas appeal showcasing MHA's work and the real life impact we have on people living with musculoskeletal disease.





# MHA Presentations

## Conferences & Focus Groups

In 2024, MHA facilitated a series of focus groups and delivered a number of presentations. The MHA team also actively participated in and exhibited at a range of conferences throughout the year.

Month	Title	Audience
March	MHA, osteoarthritis and musculoskeletal conditions	Hobsons Bay City Council Staff
	MHA, Self-care. Self-care plans	Dragon Claw Members/Consumers
	Back Pain Yarning Circle	Consumers
April	Back Pain Yarning Circles	Consumers
	Complementary Medicines Focus Groups	Consumers
May	MHA, Osteoarthritis and musculoskeletal conditions	Consumers, Health Care Professionals
	ARA/NR RA Conference	Rheumatologists
July	Back Pain Yarning Circle	Consumers
	Short Stay Hip and Knee Replacement Models of Care in Australia	Researchers/Consumer Organisations
	Womens Pain Focus Groups	Consumers



# MHA Presentations (cont.)

Month	Title	Audience
August	MHA, Osteoarthritis and musculoskeletal conditions	Cameron Close Retirement Village Residents/Consumers
	Australasian Forum on Person-Centred Value-Based Health Care	HCPs, Researchers, Consumer representatives
September	Pain Revolution Mount Gambier	Consumers, HCPs, Council, Researchers, Allied Health
	IPARE Webinar: Leadership skills in patient organisations	Patient Organisations
October	Managing Musculoskeletal Injury and Psychosocial Safety Risks	National Psychosocial Safety Network
November	Panel - Referral Pathways: unlocking the potential of physiotherapy	Australian Physiotherapy Association Conference
December	Strong Foundations: Enhancing Musculoskeletal Health Through Exercise	Fitness Passport Member Organisations



# Our Community

Thank you to all our supporters

We sincerely thank our generous donors, philanthropic supporters, trusts, and foundations for their continued commitment to Musculoskeletal Health Australia and our mission to improve knowledge, choice and connection that drives positive outcomes for people impacted by musculoskeletal conditions, and to promote excellence in support and care.

## Major donors

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• A. Cummins</li><li>• C. Gray</li><li>• D. Ford</li><li>• D. &amp; F. Nassau</li><li>• E. Baxter</li><li>• G. McKay</li><li>• G. Baker</li><li>• G. Shalit &amp; M. Faine</li><li>• J. Manger</li><li>• J &amp; J Barke</li><li>• J. Price</li></ul> | <ul style="list-style-type: none"><li>• J. Smith</li><li>• K. Hill</li><li>• L. White</li><li>• G. Hodgkinson</li><li>• N. Beaconsfield</li><li>• R. Ward-Ambler</li><li>• R. Miller</li><li>• R. Castles</li><li>• R. Tonissen</li><li>• S. Linsdell</li></ul> |
|---|---|

## Trusts and foundations

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Australian Communities Foundation</li><li>• JM Harrison Charitable Trust</li><li>• JOPA Charitable Trust</li><li>• JB Were Charitable Endowment Fund</li><li>• Joe White Bequest</li></ul> | <ul style="list-style-type: none"><li>• Lord Mayor's Charitable Foundation:<ul style="list-style-type: none"><li>◦ Hopetoun Fund</li><li>◦ Ann Rusden Fund</li><li>◦ Duncan Family Fund</li></ul></li><li>• The Russell Foundation</li><li>• The William Angliss (Victoria) Charitable Fund</li></ul> |
|--|---|

## Bequests

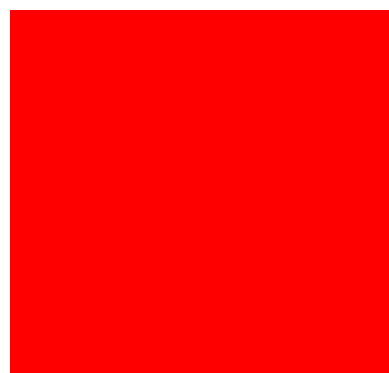
- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• L. Baldy</li><li>• M. McLear</li></ul> | <ul style="list-style-type: none"><li>• E. Clarke</li><li>• L. Hancock</li></ul> |
|--|--|



# Partners

MHA would like to acknowledge our partners for their support and working with us to help achieve better musculoskeletal health outcomes for all Australians. MHA would like to thank all those who forged new partnerships with us throughout the year and we look forward to our continued collaborations to achieve our shared goals.

- 
- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• AbbVie</li><li>• Australian Ethical Health Alliance</li><li>• Australian Rheumatology Association</li><li>• Australian Self-Care Alliance</li><li>• CIE Legal</li><li>• City of Glen Eira, Glen Eira City Council</li><li>• Comfort Feet Foundation</li><li>• Consumers Health Forum of Australia</li><li>• David Southwick MP</li><li>• Dragon Claw</li><li>• Interpath Global</li><li>• JMR Advisory</li><li>• Josh Burns MP - Federal Member for MacNamara</li><li>• Juvenile Arthritis Foundation Australia</li></ul> | <ul style="list-style-type: none"><li>• Kingfisher Capital Investments</li><li>• Latrobe University</li><li>• Macquarie University</li><li>• Monash University</li><li>• National Patient Organisation Network</li><li>• Painaustralia</li><li>• Peninsula Hot Springs</li><li>• Pharmacy Alliance</li><li>• Pfizer</li><li>• Statewide Home Health Care</li><li>• The Pharmacy Guild of Australia</li><li>• University of Melbourne</li><li>• University of Sydney</li><li>• University of Queensland</li><li>• Public Records Office Victoria - Victoria State Government</li><li>• Zea</li></ul> |
|---|---|
- 







# Research Partnerships

MHA’s research partnerships play a crucial role in fostering collaboration, innovation, and the exchange of expertise, driving impactful solutions to the complex challenges of musculoskeletal disease.

Institution	Title	Project
Curtain University	myPath	Digital health solution to support young people living with chronic musculoskeletal pain
Griffith University	Strong body, Strong mind, Strong mob	Improving chronic disease outcomes by strengthening chronic pain care with Aboriginal and Torres Strait Islander peoples
La Trobe University	The KOBRA trial	Improving Knee Osteoarthritis outcomes in young adults
Macquarie University	ConnecTBack Trial	Creating Team-based care for a new primary care model for low back pain
Monash University	Children with Lower Limb Pain (CLLiP)	Working with families, community, and health care providers to improve outcomes
The George Institute for Global Health	PRESTIGE	Preoperative Rehabilitation Evaluation and Spinal Surgical Treatment Intervention for Enhanced Recovery
	TEXT4myBACK	A Text Message Intervention to Improve Function in People With Low Back Pain



# Research Partnerships (cont.)

Institution	Title	Project
The University of Melbourne	ASPIRE	Collecting, Analysing, Evaluating and Protecting Australians after spine surgery
	AUS-OA	The Australian Osteoarthritis (AUS-OA) Modelling Infrastructure Project
	Foot osteoarthritis	Pharmacological versus non-pharmacological treatment for disabling foot osteoarthritis
	Exercise self-management of chronic joint pain	A co-designed AI-driven theory-informed mobile app for exercise self-management of chronic joint pain
	KneeCare	An online self-directed weight loss and exercise program for older people with knee osteoarthritis and overweight or obesity
	Digital Empowerment for Active Living and Better Posture	Personalised Digital Prompts: Empowering Consumers for Active Living



# Research Partnerships (cont.)

Institution	Title	Project
The University of Melbourne (continued)	Weight loss for chronic foot pain	A pilot randomised controlled trial of weight loss for chronic foot pain
	Yarning through pain	A pilot study of three new interventions to improve Aboriginal and Torres Strait Islander pain care
The University of Sydney	CBT-I for Insomnia	CBT-I telehealth program for people with chronic MSK and insomnia
	Meteor2	Comparing post-surgery knee treatments, the outcomes for pain and functioning.
	PhysioDirect-Aus	Direct access to publicly funded physiotherapy for musculoskeletal pain: effectiveness, cost effectiveness, and implementation
	National LBP Helpline	Reduce the burden of low back pain in rural Australia: an effectiveness-implementation evaluation



# Research Partnerships (cont.)

Institution	Title	Project
The University of Sydney (continued)	MyBackHealth	A Digital one stop shop for Low Back Pain
	Sleep management for chronic musculoskeletal pain	Sleep management for chronic musculoskeletal pain: an innovative adaptive trial
	Get Back to Healthy Trial	Evaluating the effectiveness of a coordinated support system linking public hospitals to a health coaching service compared with usual care at discharge for patients with chronic low back pain
	PhysioDirect-Aus	Reducing low value healthcare in musculoskeletal pain through direct access to publicly funded physiotherapy
	LBP Affordable Care	Restructuring health services to ensure timely access to effective, affordable care for people with low back pain
	Efficacy of antibiotics treatment for patients with chronic low back pain and Modic I changes	Randomised placebo controlled trial



# Research Partnerships (cont.)

Institution	Title	Project
The University of Queensland	MATCH	Matching multidisciplinary management strategy to people with chronic musculoskeletal pain: the MATCH pilot and feasibility randomised controlled trial
UNSW Sydney	CRONOS	Graded Sensorimotor Retraining compared to supervised exercise for chronic low back pain
	GOLDENBACK	A novel management approach for older people in aged care settings with low back pain.
	The PEGASUS trial	A telehealth, effectiveness-implementation hybrid trial to increase physical activity and improve health in older adults with chronic low back pain and co-morbidities







# Directors & Office Holders

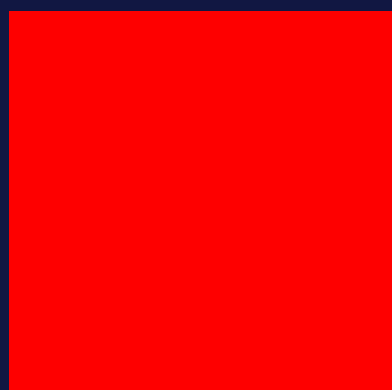
Jade Rowarth	Chair, Non-Executive Director
George Kalomallos	Deputy Chair, Non-Executive Director
Arthur Charlaftis	Non-Executive Director
David Charles	Non-Executive Director
John McLindon	Non-Executive Director
Natalie Sirianni	Non-Executive Director
Erica Traicos	Non-Executive Director
Professor Peter Choong	Director Emeritus
Helen Jentz	Chief Executive Officer

## Consumer Advisory Committee

Angela Brown – Chair  
Rob Chippendale  
Kate Ditchburn  
Robyn Dunphy  
Melissa Gilbert  
Paul Klotz  
Mikayla O'Neill

## Patrons

Her Excellency the Honourable Margaret Gardner AC  
Governor of Victoria  
Sir Gustav Nossel AC CBE FRS FAA FTSE



# Thank You

Musculoskeletal Health Australia



+613 8531 8000



263-265 Kooyong Road, Elsternwick VIC 3185



muscha.org



ABN: 26 811 336 442 and ACN: 607 996 921



**Musculoskeletal  
Health Australia**  
Knowledge. Choice. Connection.