

[Subscribe](#)[Past Issues](#)[Translate](#)[View this email in your browser](#)

MUSCULOSKELETAL
AUSTRALIA

MSK News

*The news you can use
delivered to your inbox*

26 August 2021

Welcome to another issue of MSK News!

In this issue we bring you part 2 in our series exploring the different health professionals and therapists who'll help you live well with a musculoskeletal condition. This time we're looking at **support for mental and emotional wellbeing**.

We also look at the benefits of **exercising with others** (in person and virtually), as well as some common causes of **neck pain** and practical ways you can manage it.

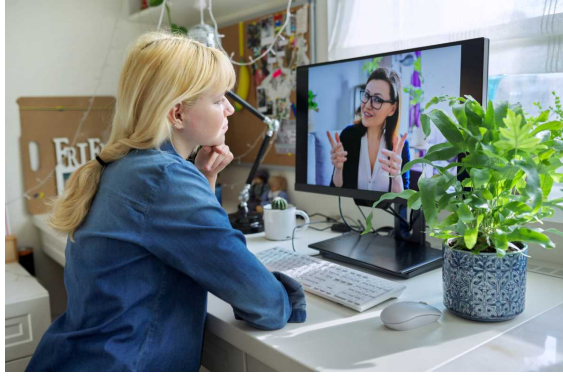
Melissa has provided another delicious recipe for you to try, this time a **hearty pumpkin soup**. And there's so much more. Enjoy!

Happy reading, and as ever, stay safe and stay well.

Rob Anderson – CEO

Mental and emotional support

Being diagnosed with a musculoskeletal condition, and living with one, can affect your mental and emotional health. The good news is there are lots of professionals available to



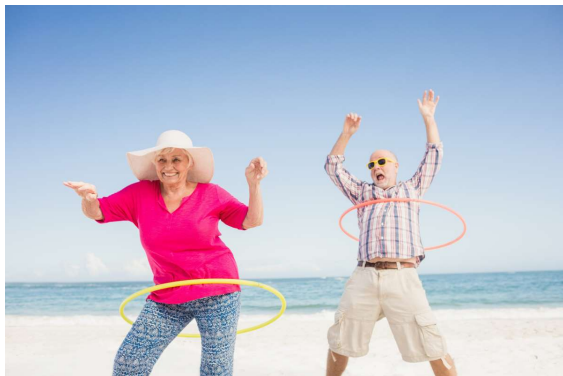
help you manage them effectively. [Find out more.](#)

Give Dad a shot at a \$250k prize pack!

He really doesn't need another pair of socks this Father's Day, so grab Dad a ticket or two for the September draw and give him something to smile about.



[Buy Now](#)



Happy together

Have you noticed how much more fun and rewarding exercising is when you do it with others? Whether with family or friends, in a team or class, in person or online, [exercising together has many benefits.](#)

Is back pain holding you back?

[Then register today](#) for our **free** online community lecture. Prof Peter O'Sullivan will make sense of back pain, bust common myths, and provide practical info about living with back pain. Date: Wed 15 Sept, 7-8.15pm (AEST). Thanks to the Myotherapy Association of Australia for their support of



this event.

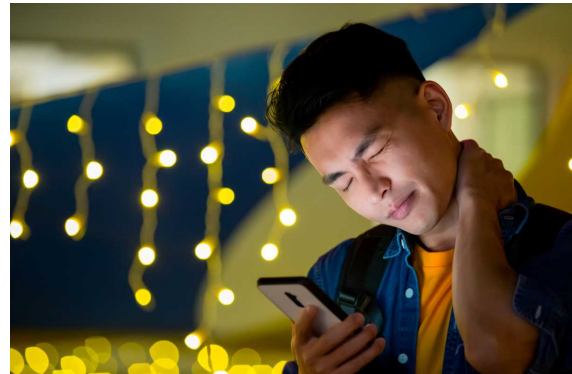


Roasted pumpkin soup

There's nothing like a soothing bowl of soup to make everything feel a bit brighter, especially on a chilly day. Accredited Practising Dietitian Melissa has provided a [recipe for a hearty pumpkin soup](#) that'll warm you from the inside out.

A pain in the neck

Neck pain is a common problem experienced by many Australians. If your neck is giving you grief, there are many things you can do to manage it and get on with life.



Contact our Help Line

Do you have questions about dealing with pain, your musculoskeletal condition/s, treatment options, COVID-19, or accessing services? Then be sure to call our Help Line. It's open weekdays 9am-5pm. To speak with our nurse, please call Monday, Thursday or Friday on 1800 263 265 or email helpline@msk.org.au. Or you can speak with one of our highly trained volunteers Monday to Friday.

Please note, this change in hours is temporary as one of our nurses is on leave.



Have your say on medicines

The Pharmaceutical Benefits Advisory Committee (PBAC) recommends new medicines for funding by the Australian Government. [Find out what musculoskeletal-relevant drugs](#) are being considered by PBAC at its November meeting and how we can help you provide your input into their decisions.

Do you have lower back pain?

Researchers from The University of Sydney are looking for people like you to help them understand the effects of an educational booklet for people with low back pain who take paracetamol. For more information and eligibility screening, please contact Thomas Patterson at cease-now.study@sydney.edu.au, call 02 9036 4243 or [find out more here](#).

Planning for a healthier future

Have you ever thought about leaving a gift in your Will to Musculoskeletal Australia?

Sandra has done just that: "In the end, it's all about helping others - showing them that I care. It feels good to have made plans to help people after I've gone." A gift in your Will is a lasting legacy that will have a significant impact on the many people who turn to us in their time of need. If you'd like to learn more, read our [Wills & Bequests booklet](#).



STAY CONNECTED WITH MSK

Follow us on Facebook, Twitter, YouTube and Instagram for all the latest and greatest news, research, events and more.



Copyright © / 2021 Musculoskeletal Australia / All rights reserved



MUSCULOSKELETAL
AUSTRALIA

PO Box 130 Caulfield South, VIC 3162
P: 03 8531 8000 ♦ E: info@msk.org.au
MSK HELP LINE 1800 263 265
msk.org.au

[Why am I receiving these emails?](#)

[No longer wish to receive these emails? unsubscribe from this list](#)

This email was sent to gabi@msk.org.au

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Musculoskeletal Australia · 263-265 Kooyong Rd · ELSTERNWICK, VIC 3185 · Australia