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MUSCULOSKELETAL  
AUSTRALIA

# MSK News

*The news you can use  
delivered to your inbox every fortnight*

30 July 2020

Welcome to MSK News!

Did you know it's National Pain Week? Persistent (or chronic) pain is a massive issue in Australia, with 1 in 5 people dealing with it on a daily basis. According to the World Health Organization, musculoskeletal conditions account for the *greatest proportion* of non-cancer persistent pain. The good news is there are many things you can do to manage your pain. Check out our [A-Z pain management guide](#) for info, tips and personal perspectives from others living with pain. And call our nurses on the [Help Line](#) weekdays on 1800 263 265 for support. We're here to help.

I'd like to send out a massive thanks to all of the people who took part in our inaugural Walk in July for MSK. We've been overwhelmed with the generosity of our supporters. Thank you, thank you, thank you! And if you've enjoyed the [extra walking](#) you've been doing, keep going! It's a great way to see the world (or the parts you have access to at the moment), get some exercise and fresh air.

Keep well, stay safe and stay up-to-date with everything musculoskeletal by following our socials and reading this newsletter. And if you're enjoying MSK News [forward it to a friend](#) so they can too!

Oh one last thing! We want to hear from you and get your feedback. We want to make sure we continue to provide the information and topics that are important and relevant to you, now and in

the future. So tell us what you need. What's inspiring you at the moment? What topics should we cover to inform and entertain you? We'd love to hear your thoughts. You can reach us at [info@msk.org.au](mailto:info@msk.org.au). And once again, thank you.

Rob Anderson - CEO

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### Put your best foot forward

Most of us are walking many more steps than we did pre-COVID as we hit the streets, parks and trails for exercise. So our poor feet are taking a beating. Here are some simple things you can do to [take care of your tootsies](#).



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### Contact our free national Help Line

If you have questions about things such as managing your pain, COVID-19, your musculoskeletal condition, treatment options, telehealth, or accessing services be sure to call our nurses. They're available weekdays between 9am-5pm on 1800 263 265; email [helpline@msk.org.au](mailto:helpline@msk.org.au) or via [Facebook messenger](#).

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### Phil's story

[Meet our guest blogger Phil](#). He has a wonderful wife and beautiful baby girl. He also has a complicated musculoskeletal situation. Officially he has psoriatic arthritis, but he's currently working with a team of 'ologists' to find out what's really affecting his body. He shares his story as well as some tips he's picked up along the way.



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### Can you help us help others?

All of our services are provided without cost to ensure that everyone can access support to help manage their musculoskeletal condition. However it does make it hard for us to fund our services. We're asking for your help; this is hard for us to ask knowing how tough times are for everyone. But now is the time to show us you value our work. If you can, please consider making a tax

deductible donation. Together we can continue to help those who need us most.

## DONATE



### Looking after your hands

For many people with hand conditions, the colder months are the worst. Your joints ache, and the use of hand sanitiser (which often has a cooling effect) makes it feel like your fingers are about to drop off. So we've put together some [information to help you look after your hands](#) and get through the winter.

### Information at your fingertips

Visit our [website](#) for up-to-date, detailed information about [musculoskeletal conditions](#), strategies for [managing pain](#) and [getting a good night's sleep](#), info to help you live well with a musculoskeletal condition and so much more. It's there when you need it - 24/7.

### Smile!

[Dogs](#) have the most expressive faces, especially when they're confused.



### Coronavirus Health Information Line

Call this line if you're seeking information on coronavirus (COVID-19).  
It operates 24 hours a day, seven days a week on 1800 020 080.

### STAY CONNECTED WITH MSK

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



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