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MUSCULOSKELETAL
AUSTRALIA

MSK News

*The news you can use
delivered to your inbox*

5 August 2021

Welcome to another issue of MSK News!

Today we're exploring some of the medical aspects of managing a musculoskeletal condition – specifically **surgery** and **physical therapies**.

And because the country is still grappling with restrictions and lockdowns we look at some simple ways we can all **stay connected**. We've also got info about back pain research, update training and something to make you smile.

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

Rob Anderson – CEO

Surgery

Most people with musculoskeletal conditions won't require surgery to treat it. But it is an option for some. We look at **common types of surgery**, things to consider, as well as tips to help you before and after surgery.



Staying connected

When we can't see our people in person due to COVID-craziness, it's really hard on us. So we've got some **tips to help you stay connected** to combat the loneliness, lethargy, emotional fatigue and 'meh' that we're all feeling.



Get updated

If you're a warm water and/or chair-based exercise leader previously trained by MSK, your two-yearly update training is now available online. Staying up-to-date has never been so convenient! **Find out more.**

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 or call 02 9036 4243 or **find out more here.**

Have you got your ticket yet?

Don't miss your chance to win this \$250k dream prize pack. Tickets are just \$10, and \$5 from every ticket will help us develop free online resources to help people manage their musculoskeletal condition. **Get your ticket today.**





Physical therapies

In our new series of blogs we're exploring the different groups of health professionals and therapists who'll help you live well with a musculoskeletal condition. First up, **physical, manual and hands-on therapies**.

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 is temporary as one of our nurses is on leave.

Did you know...

...you can now fundraise for Musculoskeletal Australia on Facebook? Think personal challenges, donations in lieu of birthday gifts and more. **Find out how.**



Speaking your language

We'd like to thank our friends at Pfizer for a recent grant that enabled us to translate our **osteoarthritis**, **diet** and **exercise** resources into Arabic, Hindi, Punjabi, simplified Chinese, Spanish and Vietnamese. We are excited to be able to share these new resources with you!

Dragon Claw

Our friends at Dragon Claw provide information for people with RA, lupus and JIA, and their carers. They also have weekly online catch-ups called 'Dragon Talks' which are free for people to join. Check out their **latest newsletter** for more details.

Smile!

When the world's a bit mad, sometimes all you can do is kick back and **enjoy some quality time in the pool** and let your cares float away.



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