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MUSCULOSKELETAL
AUSTRALIA

MSK News

Your weekly update about
COVID-19 and musculoskeletal health

19 March 2020

In these unprecedented times, I wanted to reach out because now more than ever our community will be looking for support, information and reassurance from us.

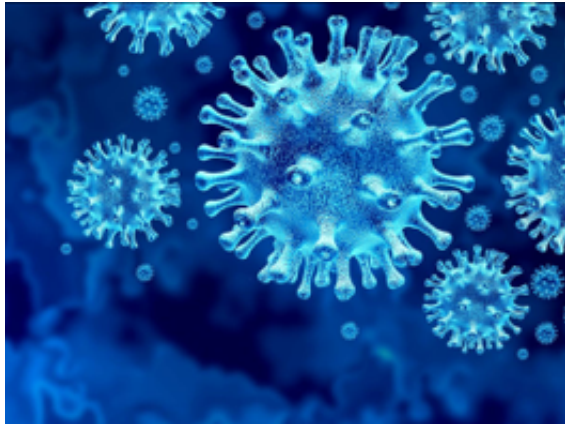
There's so much media about COVID-19 (coronavirus) that's it's hard to make sense of what's accurate and what's not. We're here to help you filter out the noise and get to the heart of what's important.

We've noticed that COVID-19 and the impact it has on people with musculoskeletal conditions seems to be largely overlooked. We aim to change that!

This weekly newsletter will bring you the news you can use – the latest info on COVID-19 and what it means for people with musculoskeletal conditions, as well as tips to help you manage your condition and stay well. We'll always end with some good news that's sure to make you smile - because who doesn't need something to smile about during these extraordinary, hectic times?

This is just one of the many things we're doing in the face of COVID-19 to digitise what we do so you can access the services you need. Because your musculoskeletal condition still exists – it didn't miraculously go away to make space for a pandemic – and we're here to help.

Rob Anderson - CEO

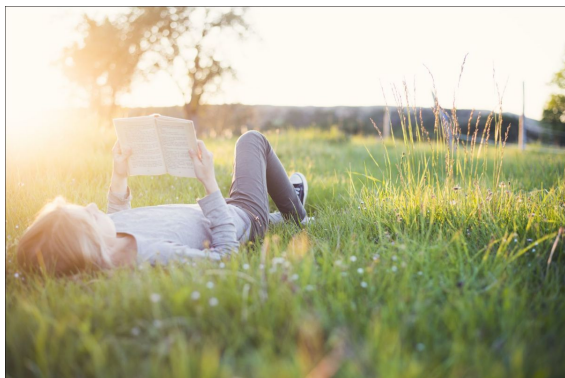


COVID-19 - the latest

Yesterday the Federal Government announced the latest measures to help prevent the spread of COVID-19. This included banning non-essential indoor gatherings of 100 people or more. For many of us, this may impact how and where we exercise, an essential tool for managing our health and wellbeing. [Read our blog to find out more.](#)

MSK Help Line is here for you

Our nurses are keeping on top of all of the latest medical information about COVID-19, and can give you lots of helpful information and support. Contact the national MSK Help Line weekdays on 1800 263 265 or email helpline@msk.org.au



Looking after your mental health

If visiting supermarkets, watching the news and worrying about the future is freaking you out, you're not alone. We're all feeling the effects of COVID-19 on our mental health. Here's a great article from Beyond Blue with some simple things you can do to [look after your mental health](#) during the COVID-19 outbreak.

We're here to help

That hasn't changed because of a pandemic! It's simply spurred us on to look for better ways we can get info and resources to you. Our [parent's evening](#) about mental health and kids with a chronic illness is now going online, so if you have a child with a musculoskeletal condition, register for free today. We also have a free webinar providing information on how to [practice mindfulness](#) and use it as a tool to benefit your health. Something we can all use right about now!

Now for a bit of light relief

We all need it at the moment, so this section will give you something to smile about. Watch this video of an Italian nonna for some advice on [surviving the pandemic](#). She's gorgeous, hilarious and feisty.



Musculoskeletal Australia is an ACNC registered charity. We're reliant on the generosity of the community at this time. If you've found our information and services valuable we invite you to make a tax deductible donation of whatever amount you can afford.

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