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MUSCULOSKELETAL  
AUSTRALIA

# MSK News

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

2 July 2020

Welcome to MSK News! We've really enjoyed providing this newsletter and writing articles that have focused on the important issues relating to COVID-19 and musculoskeletal conditions. However after four months we're all adapting to this new world - and so we've decided to make MSK News a fortnightly publication.

We'll still bring you the news you can use about COVID, musculoskeletal conditions, coming events and things to make you smile - just a little less often.

In this issue we look at feeling vulnerable during the pandemic, how to lose COVID kilos and we revisit an early article we wrote on masks.

Yesterday we kicked off Walk in July for MSK, and if like us you need the motivation to get moving after weeks of physical distancing and isolation, [Walk in July for MSK](#) provides the perfect opportunity to reap the benefits that being physically active brings while supporting a cause that's close to us all. Wherever you are, whatever your fitness level - you can take part.

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!

All of our services are provided without cost to ensure that everyone can access support to help

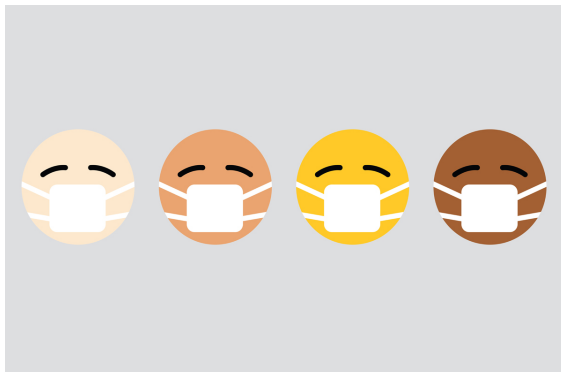
manage their musculoskeletal condition. However it does make it hard for us to fund our services as we receive very little government funding. Which is why I'm asking for your help. This is hard for us knowing how tough times are for everyone. But now is the time to show us you value our work. If you can, please consider **making a tax deductible donation**. Together we can continue to help those who need us most.

Rob Anderson - CEO

**DONATE HERE**

### Feeling vulnerable? You're not alone

With COVID outbreaks occurring in some places and restrictions easing in others, many of us are feeling vulnerable, and scared about venturing outside our homes. We look at some of the **things you can do to look after yourself**.



### Should we be wearing face masks in public?

Three months ago we wrote a blog about **face masks**. We thought it was timely to revisit this blog in light of the latest evidence, and advice from The Australian Government.



## WALK IN JULY FOR MSK

ANY DISTANCE | ANYTIME | ANYWHERE

Overcoming the silence surrounding musculoskeletal conditions.

**REGISTER TODAY**

## And we're off! Walk in July for MSK...virtually

We started yesterday - and you can still join us!

No matter where you live or your fitness level, join us for this virtual event.

Walk by yourself, with friends and family or with a team.

**REGISTER TODAY!**

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### COVID kilos

Having more time to cook and create, stress eating, the return of Masterchef, not being as physically active as we were before COVID, snacking and cocktail hour has seen many of us gain weight. We explore some of the strategies you can use to **lose the COVID kilos**.



### 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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### Raffle drawn 18 July - don't miss your chance to win!

There's still time to go in the **Play for Purpose** raffle draw for a chance to win \$250,000 in cashable gold bullion! Your \$10 raffle ticket will help us support people with debilitating arthritis get the support they need.



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## 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.

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## Smile!

The Parisians do everything with a touch of style. [Check out](#) how some of their cafes are enforcing physical distancing.

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## 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.

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## 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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