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MUSCULOSKELETAL
AUSTRALIA

MSK News

Your weekly update about
COVID-19 and musculoskeletal health

12 June 2020

Welcome to this week's issue! Can you believe it's mid-June already? Time is a strange phenomenon at the best of times, but COVID-time is just bizarre. What day of the week is it again?

In this week's MSK News we look at why many of us are feeling more aches and pains than usual as we stay isolated. We'll also explore our amazing immune system - how it works, how it relates to COVID and the issue of herd immunity. We'd also like to invite you to join our staff, volunteers and supporters (in spirit) by taking part in our Walk in July for MSK event.

Remember if you need any information or support, we're here to help. Call us weekdays between 9am and 5pm on 1800 263 265, email helpline@msk.org.au or send a message via [Facebook messenger](#).

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!

We need your help. 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. I'm 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 before 30 June](#). Together we can continue to help those who need us most.

Rob Anderson - CEO

Sore neck? Back? Knees?

Feel like you've aged 20 years with all the niggles, twinges and outright pain you're feeling lately? You're not alone. [Find out some of the reasons](#) you may be feeling this way and the things you can do to ease your aches and pains.



There's still time to make your tax deductible donation by 30 June

Now more than ever, people with musculoskeletal conditions are relying on our free Help Line to remain connected to a supportive community and to manage their condition. Will you please help by making a tax deductible donation today to ensure the MSK Help Line is available to those who need it most? [Donate here](#) or call us on 03 8531 8011. Our sincerest thanks to those who have already made a donation.

DONATE HERE



Our amazing immune system

Herd immunity, autoimmunity, vaccines, antibodies...do you understand what all of these things are and how they work? We didn't either. That's why we decided it was time to explore our [amazing immune system](#).



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WALK IN JULY FOR MSK

ANY DISTANCE | ANYTIME | ANYWHERE

Overcoming the silence surrounding musculoskeletal conditions.

REGISTER TODAY

No matter where you live or your fitness level, join us for this virtual event. Walk by yourself, with friends and family or get a team together - the choice is yours!

REGISTER TODAY!

Information at your fingertips

Don't forget to register for our upcoming online events. We have a free webinar on [polymyalgia rheumatica](#) as well as our first [MSK Kids parent support](#) and chat group.



PLAY FOR PURPOSE

**EARLY BIRD
BONUS DRAW!**

**\$1000 JB HI-FI VOUCHER FOR YOU
\$1000 FOR YOUR CAUSE**

CLOSES
21ST JUNE

Promote is 90-50 Foundation Ltd. Permit numbers and T&Cs at [playforpurpose.com.au](#)

Only 9 days to Early Bird draw on 22 June!

Don't miss your chance to win extra prizes as well as \$250,000 in cashable gold bullion. A \$10 [Play for Purpose](#) raffle ticket will go a long way in helping us support millions of Australians who live with arthritis, osteoporosis, back pain and other musculoskeletal conditions.

Contact our national MSK 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 or via [Facebook messenger](#).



Smile!

We can certainly relate to how the **Doctor is feeling** after being cooped up for many weeks! As we said earlier, COVID-time is very strange!

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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A U S T R A L I A

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

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