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MUSCULOSKELETAL  
AUSTRALIA

# MSK News

Your weekly update about  
COVID-19 and musculoskeletal health

23 April 2020

We're well entrenched in isolation, but there are some glimmers of hope on the horizon. Some restrictions are being eased – including elective surgeries for hips and knees – so there are reasons for positivity amidst all the gloom we see in the media.

But there's no mistaking we're still in for a long road, so this issue of MSK News will provide you with more of the news and resources you need to help you on this journey.

And don't forget 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](mailto:helpline@msk.org.au) or send a message via [Facebook messenger](#).

Keep well, stay home, check in with your family and friends regularly and stay up-to-date with everything musculoskeletal by following our socials and reading this newsletter. And please feel free to [share it with other people](#) you think will find it helpful.

Rob Anderson - CEO Musculoskeletal Australia

**Does your self-care plan need  
some TLC?**



Feeling overwhelmed, exhausted, stressed and frustrated by 2020? You're not alone! It's been a bumpy ride so far. So it might be time to revisit [your musculoskeletal self-care plan](#) and update it in light of your changing world and circumstances.

### **Born to shop, forced to isolate: Grocery shopping and COVID-19**

You know you've been in iso for a while when a much hated chore for many of us – grocery shopping – becomes something you really want to do! Here are some [simple tips](#) to help you hit the shops and get what you need as quickly and safely as possible.



### **You can help the most vulnerable people**

Now more than ever, we're asking for your support to help people get through this especially tough time. Please consider making a [tax deductible donation](#) by 30 June to ensure the MSK Help Line is available to those who need it most. Donate here or call us on 03 8531 8011.

[DONATE HERE](#)

### **Hygiene 101**

OK - so we've been in this weird state of isolation for a while now and we may be getting a bit lax in our habits. So it's timely to [revisit some of the key points about hygiene](#) to help prevent the spread of COVID-19.



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### Information at your fingertips

Visit our [website](#) for up-to-date info about [COVID-19](#), managing your condition and our other events and services and follow us on [Facebook](#), [Instagram](#), [Twitter](#) and [YouTube](#).

### Contact our national MSK Help Line

Our nurses are keeping on top of all the latest medical information about COVID-19 and how it relates to your musculoskeletal condition. They can give you lots of helpful information and support. Contact the MSK Help Line on weekdays on 1800 263 265, email [helpline@msk.org.au](mailto:helpline@msk.org.au) or send a message via [Facebook messenger](#).



### Smile - and the world smiles with you

This is cute...a whole street in the UK get together to give Barbara a birthday she'll never forget. [Watch and see](#) what they've cooked up.

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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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