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MUSCULOSKELETAL  
AUSTRALIA

# MSK News

Your weekly update about  
COVID-19 and musculoskeletal health

28 May 2020

I don't know about you but it seems to me that the world's settling into a new routine, with people out and about, more traffic on the roads, and kids back at school. Yes it's a strange new routine, but people are resilient. While we all have our ups and downs, we seem to be adapting to COVID-world.

This week we're going to look at what easing some restrictions will mean to many of us, as well as some of the dangers of home iso. And now that we're getting out and about, we give you some tips about managing pain and fatigue when driving, as well as the latest news and goings on at Musculoskeletal Australia.

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](mailto: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!

Rob Anderson - CEO

## Saying goodbye to iso

Restrictions are easing. Hooray! We give you **some info** to help you through this transition. And psst, *maybe check what's going on with your hair and outfit before you venture out?* Iso has left many of us a bit dishevelled!



## Make your tax deductible donation by 30 June to 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 today 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](#)



## The hidden dangers of iso - home injuries

DYK people have been getting hurt in iso? Who knew trying to get fit, being creative with exercise or tackling some of the DIY jobs around the house could be so dangerous? Find out [how you can stay safe](#).

## On the road again!

For many of us it's been a while since we've driven, so we may find that as we start driving again, we experience more pain and fatigue. This can affect our ability to drive comfortably and safely. The good news is that there are **things you can do** to tackle these problems.



## Information at your fingertips

Living with a musculoskeletal condition or persistent pain can be tough. And many of us may struggle from time to time with issues such as anxiety, grief and depression. In our recent webinar Dr Jacqui Stanford, psychologist and Director of Empower Rehab, discussed some common mental health problems and provided some helpful tips and strategies to help you manage them. You can [watch the full recording here](#).



## Don't miss your chance to win big!

Buy your ticket before 21 June and you not only have the chance to win \$250,000 in cashable gold bullion but you'll also go into the draw to win a \$1,000 voucher for yourself and an extra \$1,000 that goes to Musculoskeletal Australia! 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

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 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

When you're ready to take that leap, but just [can't quite make it](#).



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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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