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MSK News

Your weekly update about
COVID-19 and musculoskeletal health

17 April 2020

Looking after you - the importance of self-care

It's really hard in these rapidly changing and frightening times to look after ourselves. With things being so uncertain there are many more things to worry about - the health of our family, work, our finances, home schooling, being able to buy the essentials. But when you live with a musculoskeletal condition it's important that you don't forget to care for yourself. Self-care is vital for you to take care of your family and loved ones and keep on top of everything else. So ask yourself "is my pre-COVID self-care plan practical in this new world we're living in?" If the answer is no – then what can be done to change it?

This issue of MSK News has a focus on self-care and some simple strategies you can put in place to help you take care of you. We hope it inspires you to take the first step (if you haven't already) to make a self-care plan that's realistic and achievable in this strange COVID-world.

And 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](#). You can also access all of our staff contact details [on our team page](#).

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



Online exercise - look carefully before you leap

It seems everything has moved online at the moment, including our exercise programs, with a new exercise app or video being shared every 5 seconds. But they're not all created equal. Before you pull on your leotard, buy a new thingamajig or sign up to that app, [read our blog about evaluating online exercise](#).

Musculoskeletal conditions and COVID-19

Looking for info about COVID-19, specifically relating to inflammatory arthritis like RA? Then look no further...[Dr Paul Bird answers questions from consumers](#) about things like isolation and distancing, taking biologics, attending regular appointments to your rheumatologist, blood tests, telehealth and more. Also check out this very useful video [Guide for rheumatology patients on immunosuppressants during the COVID-19 pandemic](#) from Leeds Teaching Hospitals NHS Trust (UK).



Managing your weight in isolation

Hands up if you're giving Nigella or Jamie a run for their money when it comes to getting creative in the kitchen at the moment? Judging by the lack of flour, sugar and other staples at the supermarket, we're all cooking up a storm. Which is fantastic and a great stress release...as long as we're not developing habits that will have a negative effect on our weight. Read our simple tips for [managing your weight while in iso](#).

Telehealth - things have changed

The Health Department has recently made some changes regarding telehealth. From 6 April 2020 only telehealth services for 'Commonwealth concession card holders, children under 16 years old and patients who are more vulnerable to COVID-19' will be bulk billed. For everyone else, health professionals may set their own fees for the



new temporary MBS telehealth items. Find out more about these changes and access info to help you [get a handle on telehealth](#).

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 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 or send a message via [Facebook messenger](#).



Smile - and the world smiles with you

"Look at moy, look at moy, look at moy..." We love Kath and Kim and [this video](#) of Kath and Kel going through their exercise in iso regime is hilarious!

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.

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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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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