• Dragon Naturally Speaking Seminar with Sue Woodward, page 2  
• A Research Grant for Tendinopathy (David Musson), page 2  
• Bits & Pieces, page 3:  
  * From the Director  
  * MedsCheck (medication check)  
  * The Smith Family 'Money for Life' Program  
• Research in Brief, page 3:  
  * Unfair treatment at work (study Sweden)  
  * Return to sport  
  * Using your voice instead of your hands  
• Articles:  
  * Intramuscular Stimulation (Bas Pronk), page 5-6  
  * The effects of Tai Chi vs aerobics, page 7-8  
  * Would you be able to help us out in the office? page 8  
  * Is pain unresponsive to treatment? page 9  
  * Pilates or swimming for RSI: Jip’s advice (Jip Driehuizen), page 10  
  * Exercise Physiology Student Clinic, page 11  
  * Families and Compensation Claims, page 12-13  
  * Tips and tools - Ideas from our AGM, page 14:  
  o Stirex U-knife  
  o Ezyline (waslijn zonder knijpers)  
  o Megapegs (grote wasknijpers)  
  o Pens: Uni-ball Impact Gel Pens  
  o Corelle Dishware  
• Information Sheets Available (members):  
  * A New Approach to Pain  
  * Assistance through Medicare  
  * Clickless Software  
  * How to Win and Keep a Comcare Claim  
  * Hydrotherapy  
  * Injections for RSI  
  * Managing Stress in Your Life  
  * Managing Your Finances  
  * Massage  
  * Medical & Medico-Legal Appointments  
  * You don't have to live with depression  
  * Neck Pain  
  * Pillows & RSI  
  * Sewing & RSI  
  * Members Story — Studying with RSI  
  * Swimming with RSI  
  * Treatments for Carpal Tunnel Syndrome  
  * Voice Overuse  
  * Member’s Story — Invalidity Retirement
Should you have a cortisone shot for tendinopathy? In our view, based on all the evidence, the answer is no. Here's a good explanation of cortisone and its effects: https://www.youtube.com/watch?v=zqSoyaDu4b0

Here's a university study showing that chronic pain can be helped by hypnosis as an addition to pain education: https://newsroom.unsw.edu.au/news/health/hypnosis-transforms-treatment-chronic-pain

There's quite a bit of evidence that yoga can help manage musculoskeletal conditions. Here are some suggestions on which poses can help across a range of conditions: https://www.shoutoutuk.org/2018/04/20/how-doing-yoga-every-day-can-help-ease-your-bodyaches

Help sheets
(http://rsi.org.au/index.php/help-sheets/)
No.1 Making Driving Easier
No.2 Making Sewing Easier
No.3 In the Laundry
No.4 Getting on top of your Emails
No.5 In the Kitchen
No.6 Handles
No.7 Gadgets to Help with Medicines
No.8 Book Holders
No.9 Cycling
No.10 Writing and Pens
No.11 In the Garden
No.12 Your Posture at the Computer
No.13 Which Keyboard...
No.14 Heat Therapy for Pain
No.15 Break Software
No.16 Clickless Software
No.17 Making Holidays Easier
No.18 Coping with Flare-ups
No.19 10 Steps to Safer Computing
No.20 Children and RSI
No.21 Self-Massage Videos
No.22 Meditation Apps
No.23 Computing without a Mouse
No.24 Progressive Muscle Relaxation