


**This week's  
social  
media  
updates  
from:**




**Mosaic Myotherapy**  
★★★★★  
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**Mosaic Myotherapy**  
29 March

Chronic pain is a very real issue for a number of people who seek us out here at Mosaic Myotherapy. A new website, especially targeted to people experiencing chronic pain, was launched this week by the Agency for Clinical Innovation. (<http://www.aci.health.nsw.gov.au/chronic-pain>.) It's filled with great information and suggestions, not only for people directly affected by chronic pain, but also for carers, clinicians and family members too.



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**Mosaic Myotherapy** shared a link.  
31 March · Edited

Although our focus is on musculoskeletal pain, sleep quality is one thing we often ask about, because poor sleep quality impacts on so many facets of life, including how well our tissues heal and how well we cope with life's day-to-day stressors. The flip-side of sleep, waking refreshed, is equally important, as this article explains.



**The Trouble with Snooze Buttons (and with Modern Sleep)**  
[www.newyorker.com](http://www.newyorker.com)

Drifting off after an alarm can leave you more tired, not less. Could there be a better way to feel rested?

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**Mosaic Myotherapy** shared a link.  
8 April

At Mosaic Myotherapy we regularly stress the importance of moving well throughout life. However not only does regular exercise keep us fit and healthy, specific types of exercise may help prevent some of the diseases we fear most including breast cancer, Alzheimer's, diabetes, and heart disease to name but a few.



**Why muscles make good medicine**  
[www.theage.com.au](http://www.theage.com.au)

If you think exercise is an optional extra, this could change your mind

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**Mosaic Myotherapy**  
3 April

We all know that maintaining an adequate intake of calcium is important for good musculoskeletal health throughout life, but do you know how much calcium you're getting each day, and whether it's enough? This online calculator (<http://bit.ly/1jGnYgt>), created by Dairy Australia and drawn to our attention by our colleague Joel Feren - Inkerman Medical Group Dietitian, might help.



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