

Best first treatment for hip & knee osteoarthritis



GLA:D®, or *Good Life with Arthritis: Denmark*, is an evidence based education and exercise program developed by researchers in Denmark for people with hip and/or knee osteoarthritis symptoms.

This program can delay or prevent surgical intervention, and help you with long term favourable outcomes in both pain and function.

A Physiotherapist, trained in the provision of this service, will help you with daily activities. You will work on strengthening your body, as well as learning to move correctly and manage symptoms to improve pain.

WHAT DOES GLA:D™ INVOLVE?

- A first appointment explaining the program and collecting data on your current functional ability.
- Two education sessions* which teach you about OA, how the GLA:D™ Australia exercises improve joint stability, and how to retain this improved joint stability outside of the program.
- Group neuromuscular training sessions twice a week for six weeks to improve muscle control of the joint which leads to reduction in symptoms & improved quality of life.
- A review appointment to re-collect data on your functional ability.

Cost: \$630 per person for Education & Training Sessions (initial & review appointments paid for separately).

When:

- Initial & review appointments are booked individually.
- Group Education Sessions (2 x 1hr per week): Usually early afternoon on weekdays.
- Group Training Sessions / Classes (2 x 1hr per week): Usually early afternoon on weekdays.

Specific times will be dependent on demand and practitioner availability.

**In addition to the standard program offering, one of the education sessions we provide will include OA specific information from our Accredited Dietitian. As one of the common issues for those with OA of the hip and/or knee is being overweight, the inclusion of our Dietitian in the program will provide you with additional benefits.*

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