



# GLA:D™

## Australia

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

### What does GLA:D™ involve?

This education and exercise program reflects the latest evidence in osteoarthritis (OA) research. It also includes feedback from people with OA and trainers on what works in the real world to help patients manage OA symptoms.

#### GLA:D™ Australia training consists of:

- Two free 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
- An initial appointment explaining the program, assessing your current functional ability, and providing you with an individualised exercise program
- Group neuromuscular training sessions twice a week for six weeks to improve muscle control of the joint which leads to reduction in symptoms and improved quality of life

GLA:D™ Australia is run in private, public, and hospital physiotherapy clinics. Please discuss costs with SportsMed reception staff. You do not need a referral from your Doctor, however you may be eligible for a rebate from Medicare or your HealthFund, for some of the cost of the program, if deemed appropriate by your GP.

Ask at reception or call today on **08 9382 9600**

### Important Information

- Two free education sessions teaching you about osteoarthritis and exercise. Please call SportsMed reception or email [glad@sportsmedsubiaco.com.au](mailto:glad@sportsmedsubiaco.com.au) for session dates and times
- A full assessment and an **individualised program** developed specifically for you
- A total cost of **\$540** (a portion of which can be claimed from your health fund)
- Cost breakdown: **\$120** (for initial & final assessment) and **\$35 per exercise session**

### Physio Supervision

**Physio supervision** of your exercises in a small group twice a week for 6 weeks. (12 sessions in total)

Monday	4pm-5pm
Wednesday	1pm-2pm
Saturday	8am-9am

### ! Class Time Changes

From **28 February 2022** class times will change as follows until further notice.

Wednesday	10am-11am
Saturday	8am-9am



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## Best first treatment for hip and knee arthritis.

### Can I Participate in GLA:D™ Australia?

GLA:D™ Australia is a program for all individuals who experience any hip and/or knee osteoarthritis symptoms, regardless of severity.

You may participate in the GLA:D™ Australia program if you have a hip or knee joint problem that resulted in visiting a health care provider.

#### **You may not be able to participate in the GLA:D™ Australia program if:**

- You have other reasons for your hip and/or knee pain, including; tumour, inflammatory joint disease, result of hip fracture, soft tissue or connective tissue problems
- You have other symptoms that are more pronounced than the osteoarthritis problems (for example chronic generalized pain or fibromyalgia)
- You are unable to understand and communicate in English

### OA Treatment in Australia

OA is the most common lifestyle disease in individuals 65 year of age and older, but can also affect individuals as young as 30 years of age.

**Current national and international clinical guidelines recommend patient education, exercise and weight loss as first line treatment for osteoarthritis.**

### Background of the GLA:D® Program

Research from the GLA:D® program in Denmark found symptom progression reduces by 32%.

Other outcomes include less pain, reduced use of joint related pain killers, and less people on sick leave. GLA:D® participants also reported high levels of satisfaction with the program and increased levels of physical activity 12 months after starting the program.

*This program is unique in that the education and exercises provided can be applied to everyday activities. By strengthening and correcting daily movement patterns, participants will train their bodies to move properly, prevent symptom progression and reduce pain.*

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