

GLA:D™ Program

Best first-line treatment for hip and knee arthritis



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?

The 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:

- A first appointment explaining the program and collecting data on your current functional ability
- Education sessions which teach you about OA, and how the GLA:D™ Australia exercises improve joint stability, and how to maintain this
- Group exercise 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. The cost of the program can vary depending on your private health insurance. Please discuss this with our office staff.

You do not need a referral from your doctor.

Can I participate in GLA:D™?

GLA:D™ 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™ 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 if:

- You have any other reason for your hip and/or knee pain, such as tumour, inflammatory joint disease, bone fracture.
- You have other symptoms that are more pronounced than the osteoarthritis problems (for example chronic generalised 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 years of age and older but can affect individuals of any age.

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

In Australia, treatment usually focuses on surgery and the GLA:D™ program offers a safe alternative that may avoid the need for surgery.

Outcomes of the GLA:D™ program

Research from the GLA:D™ program showed that over 12 months participants had:

- Less pain
- Improved quality of life
- Reduced use of joint-related pain killers
- Less time on sick leave
- Increased levels of physical activity
- Reduced symptom progression

This program is unique in that the education and exercises provided can be applied to everyday activities. In doing so, participants will train their bodies to move properly, prevent symptom progression and reduce pain.



Find out more about GLA:D™

Contact our clinic to learn more about getting started with the GLA:D™ program!

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**If you're living with osteoarthritic pain,
make sure you check out the GLA:D™ Program**