

GLA:D PROGRAM

DESIGNED FOR PEOPLE WITH HIP OR KNEE OSTEOARTHRITIS

FAQ

Benefits of GLA:D

The GLA:D program is an evidence-based exercise program designed to help people with hip or knee osteoarthritis (OA) manage their symptoms and improve their quality of life. Here are some of the benefits of the GLA:D program:

1. **Reduced pain:** The exercises in the program are designed to reduce pain in the affected joint, which can be a major source of discomfort for people with OA.
2. **Improved function:** By strengthening the muscles around the hip or knee joint, the GLA:D program can help improve mobility and function, making it easier for people to perform everyday activities.
3. **Better quality of life:** By reducing pain and improving function, the GLA:D program can help people with OA enjoy a better quality of life, with less dependence on medication and other treatments.
4. **Increased knowledge and self-management skills:** The program also includes education and training on how to manage the symptoms of OA and prevent further deterioration of the joint, which can empower people to take control of their condition and make informed decisions about their health.
5. **Cost-effective:** The GLA:D program has been shown to be cost-effective compared to other interventions for OA, making it a viable option for people who may not be able to afford more expensive treatments.

Overall, the GLA:D program can help people with hip or knee OA improve their symptoms, function, and quality of life, while also providing them with the knowledge and skills to manage their condition effectively.

What does the GLAD Program look like?

Our GLAD Program runs over twice a week over 6 six weeks, and includes a double education session.

Total physiocare



STRUGGLING WITH HIP OR KNEE OSTEOARTHRITIS?

JOIN TOTAL PHYSIOCARE EXPERTS IN THE GLA:D® PROGRAM!

- ✓ **IMPROVE YOUR STRENGTH**
- ✓ **REDUCE YOUR PAIN**
- ✓ **RETURN TO DOING THE THINGS YOU LOVE!**



Initial Appointment

Meet your physiotherapist and learn about how we can help you with your pain, strength, balance and day-to-day function.



2 x Education Sessions

Learn about osteoarthritis
Understand surgery vs exercise
Develop self management strategies



12 x Exercise Sessions

Join up to 5 other participants in a 1 hour supervised exercise session, tailored to your ability.



Follow-up Appointment

Discuss your achievements with your physiotherapist and develop a maintenance plan.



BOOK ONLINE

<https://totalphysiocare.com.au/book-now/>

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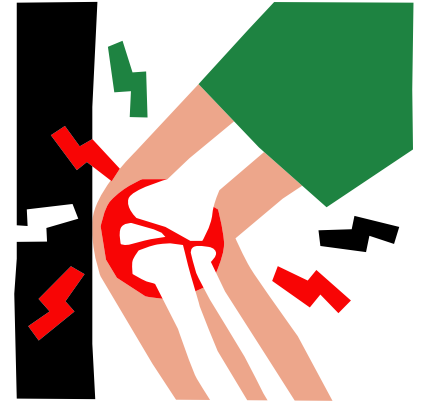


GLA:D® Australia is a not-for-profit initiative led by La Trobe University.

What is GLA:D®?

In 2012 a clinical research team in Denmark designed a program, based on research, for people with hip or knee OA. GLA:D® – “Good Life with osteoArthritis: Denmark” – is a program of education and exercise designed to help reduce the symptoms of hip and/or knee osteoarthritis.

GLA:D® has been shown to help people of all ages with mild, moderate and severe osteoarthritis by reducing pain, increasing mobility and enhancing quality of life. Often surgery such as joint replacement can be avoided.



Studies in Scandinavian countries have also shown that people who have completed the GLA:D® program before having a total knee joint replacement tend to recover more quickly. Similar ‘prehab’ results have been found for total hip replacement.

The GLA:D® Australia program consists of:

- An initial appointment to explain the program and measure your current functional ability.
- Two education sessions which teach you about osteoarthritis, its risk factors, treatment options, and self-management strategies.
- Group exercise sessions twice a week for six weeks to improve your control of the joint, your confidence in the joint and your strength.
- A review at 3-months with your physiotherapist to discuss progress and goals, and re-measure your functional ability.
- Completion of a questionnaire on registration with the program, and then again at 3 and 12 months after registration to measure changes in areas such as pain, function, quality of life, and medication use.



Will it hurt?

Whenever you do new exercise, it's normal and acceptable to have very mild pain during and after the session for up to 24 hours – and maybe a bit longer at first. Your physiotherapist will help you learn how to monitor your pain so that you can challenge yourself without making your pain worse in the long run.

What happens after GLA:D®?

Your physiotherapist will make an appointment to review your goals and progress 3 months after you are registered. This usually gives enough time for you to complete the program and start exploring what to do next. You may decide to work towards getting into a gym-based program, or heading back to running, or simply finding ways to increase your level of physical activity throughout the week.

Book online at Total Physiocare

<https://totalphysiocare.com.au/book-now/>

For more information head to

<https://gladaustralia.com.au/faq-for-peoplewith-oa/>



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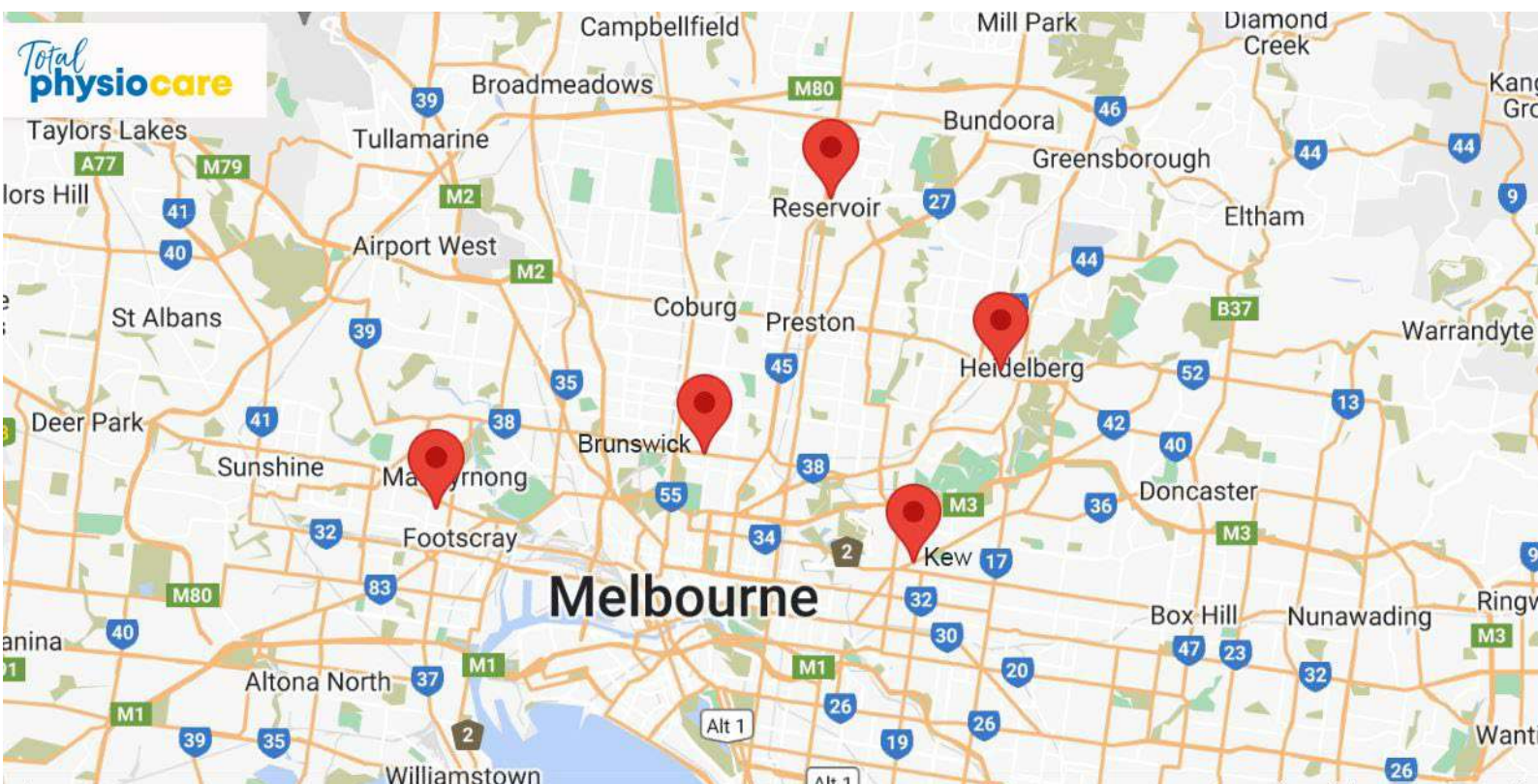
Total Physiocare runs many services across our 5 locations across Melbourne.

Call us or check out our website to learn more!

ONLINE BOOKINGS ALSO AVAILABLE

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