

# GLA:D

## *Best first treatment for hip & knee osteoarthritis*



**GLA:D®, or Good Life with Arthritis: Denmark, is an 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.**

### 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.

GLA:D™ Australia is run in private, public, and hospital physiotherapy clinics. The cost of the program can vary depending on location and size of the group. Please discuss this with the provider listed below. You do not need a referral from your Doctor, however you may be eligible for a rebate from Medicare for some of the cost of the program, if deemed appropriate by your GP.



*\*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.*

## 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; tumor, 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 people 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.**

In Australia, treatment usually focuses on surgery and the GLA:D™ Australia program offers a better and safer alternative.

## BACKGROUND OF THE GLA:D® PROGRAM

Research from the GLA:D® program in Denmark found symptom progression reduces by 32%. Other outcomes include a 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.**



## FIND OUT MORE ABOUT GLA:D™

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