



GLA:D Australia

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

The 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.

The 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 is designed for all individuals who experience any hip and/or knee osteoarthritis symptoms, regardless of severity.

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.



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GLA:D® participants report high levels of satisfaction with the program and increased levels of physical activity 12 months after starting the program.

GLA:D appointment process

1. Book Initial GLA:D appointment with Andrew
2. Attend Initial appointment for GLA:D assessment
3. Based on your Initial assessment, Andrew will prescribe & guide you through a set of exercises specific to your current capacity to complete at home or in the gym.
4. A review appointment is required at 3 & 6 weeks to progress your exercises.
5. After 6 weeks patients are often ready to be discharged. However depending on improvement further reviews may be required.
6. 12 month follow up.

3 out of 4 people desiring surgery before completing GLA:D have not had surgery and no longer desire surgery at the 12 month follow up.



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