

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.

GLA:D® uses education and exercise to help with daily activities. You will work on strengthening your body, as well as learning to move correctly and manage symptoms to improve pain.

Where: Health and Sports Precinct - Federation University, Mt Helen Campus

When: 11:30am to 12:30pm on Tuesdays and Thursdays

Cost: \$880.00

(includes 1 x physio appointment, 2 x education sessions, 12 x group exercise sessions and post-program evaluations)

The program consists of:

- An **initial appointment** to explain the program and measure your current functional ability (booked separately to classes).
- **Two education sessions** which teach you about OA, 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 clinician to discuss progress and goals, and re-measure your functional ability.
- **Completion of questionnaires** 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.

If you have any further questions, please speak to our reception team, or visit gladaustralia.com.au for more details about the program.