

GLA:DTM Australia training consists of:

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:DTM 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 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 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.

Best first 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 osteoarthritic symptoms.

What does GLA:D™ involve?

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.

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UNIVERSITY



Can I Participate in GLA:D™ Australia?

Individuals who experience any hip and/or knee osteoarthritis symptoms, regardless of severity.

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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

OA Treatment in Australia

- (for example chronic generalized pain or fibromyalgia)
- You are unable to understand and communicate in English

OA is the most common lifestyle disease in individuals 65 year of age and older, but can also affect individuals 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 safer alternative.

Website/Blog
Semrc.blogs.latrobe.edu.au

Facebook
Facebook.com/latrobesemrc



Twitter
Twitter.com/LaTrobeSEM

Background of the GLA:D™ Program

Healthcare professionals progressions 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™

Clinical Pilates

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Our next information session is :

Exercises sessions: **Monday 2.00pm**

Friday 1.30pm