

GLA:D PROGRAM



North Road & Bluff Road

PHYSIOTHERAPY



GLA:D PROGRAM

WHAT IS THE GLA:D PROGRAM?

GLA:D (Good Living with OsteoArthritis: Denmark) is an education and neuromuscular exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms. Participants are given exercises in a supervised setting, tailored to one's goals. Benefits of GLA:D may include a reduction in the need for surgery, increased participation in work and recreational activities, and reduced pain.

WHO MAY BENEFIT

GLA:D is designed for individuals who experience hip and/or knee osteoarthritis symptoms, regardless of severity.

HOW TO GET STARTED

You will require an in-clinic assessment consultation with one of our specialty-trained GLA:D physiotherapists to discuss your history, presenting condition, goals and to determine eligibility.

The program itself runs for 6 weeks, consisting of two education sessions and 12 exercise sessions. Please refer to our website or speak to our friendly reception staff for further details on memberships, pricing and class times.

CONTACT US



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