



GLA:D™
AUSTRALIA

**GOOD
LIFE WITH
OSTEOARTHRITIS
FROM DENMARK**

*“Start living
an active and
happy life again
today”*



Cabrini’s Allied Health Centre was the first physiotherapy service in Australia to implement this new physiotherapy program involving:

- Evidence based management of osteoarthritis for knee and hip pain in Denmark, Canada and Australia
- Structured exercise and education program
- Alternative to joint replacement surgery
- Cabrini has experts in the field led by Dr Jason Wallis
- GLA:D Australia website: gladaustralia.com.au

Enquiries:
access@cabrini.com.au

Referrals:
Ph: (03) 9508 1700
Fax: (03) 9508 1455
(Argus referrals accepted)

“I was advised to visit Cabrini Allied Health due to osteoarthritis in both hips and my right knee. Here, I was supported to complete a planned program, twice a week for six weeks, with additional instructions on exercises to complete at home. After a few months, I noticed that my pain and inflammation has markedly declined and I have lost more than 10kg.”

**> EXERCISE CLASSES
TWICE A WEEK FOR
SIX WEEKS**

**> NEUROMUSCULAR
EXERCISE**

**> OSTEOARTHRITIS
EDUCATION**

**> LED BY A
PHYSIOTHERAPIST
TRAINED IN
OSTEOARTHRITIS
MANAGEMENT**



Cabrini Allied Health
Cabrini Specialist Centre – Elsternwick
494 Glen Huntly Road, Elsternwick 3185
Telephone: (03) 9508 1400 | Office hours: 8 am – 4 pm

GLA:D EXERCISE CLASSES

Package deals
available

Telehealth
available



	Monday	Tuesday	Wednesday	Thursday	Friday
am	9.00 10.00 11.00			9.00 10.00 11.00	9.00 10.00
pm	4.30	2:00 3:00		4.30	2:00 3:00

For your GLA:D classes:

Please arrive about 15 minutes prior to the class to check in at reception

Please bring:

- Comfortable clothing, shoes and socks
- Towel and drink bottle (water available)

Location:

**Cabrini Allied Health
Cabrini Specialist Centre – Elsternwick**
494 Glen Huntly Road, Elsternwick 3185
Phone: (03) 9508 1400
Office hours: 8 am – 4 pm
www.cabrini.com.au/services/allied-health/

For your GLA:D assessments:

- To book your assessment please contact reception on (03) 9508 1700
- Please wear appropriate shoes to allow us to test your walking ability

We can tailor a program for your individual needs

Cancellation:

Please let us know by calling (03) 9508 1400 at least 24hrs prior if you need to cancel a session