

Do you have a painful knee or hip?



If yes, then why not consider the GLA:D program?

GLA:D®, Good Life with osteoArthritis: Denmark, is an education and exercise program developed by researchers in Denmark designed to reduce the symptoms of knee and hip pain.





Why do the GLA:D program?

- Average pain reduction of 36%
- Reduced pain medication
- Improvement in joint confidence

GLA:D® education and exercises can be applied to everyday activities, ensuring participants develop skills to self-manage their osteoarthritis. By strengthening and improving confidence with exercise, participants develop better capacity to be active and reduce pain.

What is involved in the program?

An individual physio consultation prior to commencing the program. Once enrolled, the program consists of:

- Two education sessions
- 12 neuromuscular group exercise sessions (usually over six weeks)
- Option of Telehealth classes in your own home
- A final review consultation
- Content tailored to your individual needs

What are the costs?

The initial physio consultation cost is \$160.

The program (including education, exercise sessions and final review consultation) costs \$492.

If you have extras cover with your private health insurance you may be eligible for rebates.

Further information

Cabrini Allied Health

Cabrini Specialist Centre – Elsternwick

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