

Best treatment for hip and knee arthritis



GLA:D® is an education and exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms.

Research from the GLA:D® program in Denmark shows symptom progression 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.

Osteoarthritis is the most common lifestyle disease in individuals 65 year of age and older. It is also prevalent in individuals between the ages of 30 and 45.

Current national and international clinical guidelines recommend patient education, exercise and weight loss if necessary as treatment for osteoarthritis.

In Australia, treatment focuses largely on surgery and GLA:D™ Australia offers a better alternative



Can I participate in GLAD™?

GLA:D™ Australia is a program for all individuals who experience any hip and/or knee osteoarthritis symptoms, regardless of severity.

You may participate in the GLA:D™ Australia program if you have a hip or knee joint problem that resulted in visiting a health care provider.

You may not be able to participate in the GLA:D™ Australia program if:

- You have other reasons for your hip and/or knee problem (for example, 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 problems (for example chronic generalized pain or fibromyalgia)
- You are unable to understand and communicate in English

What does GLAD™ involve?

The education and exercise program 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 manage OA symptoms.

GLAD™ 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:D™ 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™ is run in private, public, and hospital physiotherapy clinics. There is a small fee to participate in the program.

Find out more about GLA:D™

Web: www.lakehealthgroup.com.au

Email: info@lakehealthgroup.com.au

Phone: (03) 5335 3200



Website/Blog

semrc.blogs.latrobe.edu.au



Facebook

facebook.com/latrobesemrc



Twitter

twitter.com/LaTrobeSEM