



Ramsay Health Plus
Conveniently located at
Donvale Rehabilitation Hospital



**Ramsay
Health Plus**

Part of Ramsay Health Care

GLA:D® PROGRAM



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

In the management of osteoarthritis, clinical guidelines recommend **patient education, exercise** and **weight loss** as the **first line of treatment**.

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.

GLA:D®: What you need to know

- One to one Physio assessment is required prior to commencing the GLA:D® program.
- GLA:D® Program runs for 6 weeks and consists of 2 education sessions and 12 group neuromuscular training sessions (2 x weekly).
- Cost: \$400 (12 one hour exercise sessions, 2 education sessions and a 1:1 final follow-up). Claimable through extras.



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