

MANDATORY COMPONENTS OF GLA:D[®]

- Plan for x12 60-minute exercise sessions over 6 weeks
- Schedule x2 60-90-minute INTERACTIVE education sessions before or during the 6 weeks
- Offer participation in data collection, and register all who are eligible
- Check fitness and safety for exercise – PAR-Q ([ESSA](#) and [others](#))

OPTIONS FOR GLA:D[®] EXERCISE DELIVERY

- Group class (face-to-face) – preferred option (but not possible now)
- Group class (online)
- 1:1 (face-to-face)
- 1:1 (online)
- Monitored independent home program – regular check-in for progression and feedback either by video, phone, email or face-to-face
- Or a combination of the above

OPTIONS FOR GLA:D[®] EDUCATION DELIVERY

- Group class (face-to-face) – preferred option (but not possible now)
- Group class (online) – the GLA:D[®] Australia Team will be offering these for your clients from next week – details to follow
- 1:1 (face-to-face)
- 1:1 (online)
- A combination of the above as long as the material is covered, and participants are able to ask questions and share experiences. Pre-recorded sessions will not meet this standard.

IF EXERCISING AT HOME (in fact, always plan for this!)

Check equipment:

- Ways to warm up
- Is floor-based exercise an option?
- What to use if no ball for core work?
- Tether points for theraband – and band to take home
- Suitable chair for sit to stand – and options for progressing
- Options for step-ups
- Sliders equipment – poles and sliders

Check understanding:

- Principles of progression
- Patterns of exercise
- Logging completed exercise

Check supports:

- Family who can help
- Best way to communicate with physio – when, how, how often
- Access to online resources - videos

LINKS

[Current exercise protocol](#) – please [contact us](#) if you are unable to access this on the dropbox via this link

Exercise videos:

- [Sliders/lunges](#)
- [Hip strength](#)
- [Trunk strength](#)
- [Knee strength](#)
- [Functional exercises](#)

Don't forget warm up and cool down!

DELIVERING ONLINE GLA:D[®] GROUP EXERCISE SESSIONS

Hot Tips

- Start with a 1:1 session to check everything is running smoothly
- Minimal group numbers, especially with new participants – 4 max, 2-3 better
- Coordinate exercises ie same exercise at same time even with personalised execution
- Promote self-management in terms of counting, recording and reporting pain

1:1 Introduction to Online session content

Check consent

- Participants will see each other
- Participants will see each other's homes/backgrounds

Check equipment

- Device – laptop/phone/tablet
- App – if needed
- Competence in use or support to do so
- Camera angles, location
- Audio quality

Check self-management

- Capacity to log exercises and pain

Introduce exercises on camera

Also consider:

- Recording of sessions – video and paper
- Initial assessment, including health history

ONLINE VIDEO PLATFORMS

Acknowledgement: Karen Finnin, Online Physio www.karenfinnin.com

- <https://zoom.us/pricing>
 - Basic plan = free for up to 3 people total and up to 40 minutes.
 - Pro plan = \$20.99 a month, groups up to 100 for up to 24 hours. Note that cost is per host
- <https://www.coviu.com/coviu-for-allied-health/>
 - Not set up for groups
- <https://au.physitrack.com/exercises>
 - Good if they are already using it, but may be complex to set up quickly.
 - Skype / WhatsApp / FaceTime – consider issues with data ownership and security due to ownership of the software and location of the data.