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The GLA:D Program is an eight-week program. It involves:

* Two interactive education sessions
* 12 exercise sessions, done twice weekly for 6 weeks
* Answering three questionnaires over 12 months

With COVID-19 changes, our clinic is using telerehab to provide the GLA:D Program.

Research and experience tell us that you can still get really positive outcomes, even without coming into the clinic.

So, Stay Home, Keep Safe, and Do Your Exercises!

“As a program, we fully endorse the delivery of the GLA:D® Program in Australia using remote methods ie online or by telephone.”

Dr Christian Barton and Dr Joanne Kemp

GLA:D® Australia

\*\*Please note that funding and rebates will need to be confirmed according to your circumstances.