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

GLA:D® uses education and exercise to help with daily activities. You will work on strengthening your body, as well as learning to move correctly and manage symptoms to improve pain.

GLA:D® is provided by local clinics, hospitals and health services as part of their usual services. Fees will vary depending on individual circumstances and the clinic attended.

The program consists of:

* An **initial appointment** to explain the program and measure your current functional ability
* **Two education sessions** which teach you about OA, its risk factors, treatment options, and self-management strategies.
* Group **exercise sessions twice a week for six weeks** to improve your control of the joint, your confidence in the joint and your strength.
* A **review at 3-months** with your clinician to discuss progress and goals, and re-measure your functional ability
* **Completion of questionnaires** on registration with the program, and then again at 3 and 12 months after registration to measure changes in areas such as pain, function, quality of life, and medication use.

See [www.gladaustralia.com.au/faq-for-people-with-oa/](http://www.gladaustralia.com.au/faq-for-people-with-oa/) for more details about the program around Australia