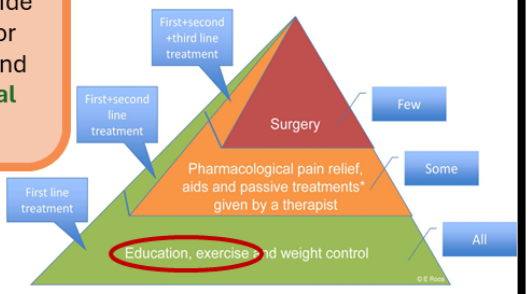
GLA:D® Australia is a not-for-profit initiative led by La Trobe University

What is the GLA:D® Program?

The GLA:D® Program for hip and knee osteoarthritis is a system of support for **trained and certified exercise-therapy clinicians** to deliver **evidence-based first-line care** to people with hip and knee osteoarthritis

Structured Education, using *prepared presentations*, to provide information and opportunity for discussion to people with hip and knee osteoarthritis: **two formal education sessions.**



Targeted Exercise, using a *standardised but individualised program*, with a dosage that meets the minimum requirements for effectiveness as demonstrated in the evidence: **twice weekly for 6 weeks.**

Data Collection, using a *secure online platform*, to monitor outcomes and support policy initiatives for people with hip and knee osteoarthritis: **emailed questionnaires at baseline, 3 months and 12 months.**

In Australia, the program is managed by the GLA:D® Australia team at La Trobe University.

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/ for more details about the program around Australia