queanbeyan physiotherapy
restore the balance

GLA:D® AUSTRALIA

Knee or hip osteoarthritis?

Get back to doing the things you love.

GLA:D® is an evidence-based education and exercise program designed specifically for people with knee or hip osteoarthritis.

What does the program involve?

2 EDUCATION SESSIONS

Learn what osteoarthritis is, what causes symptoms and what you can do to manage them.

12 SUPERVISED EXERCISE SESSIONS

A personalised exercise program designed to improve strength, movement and confidence.

6 WEEK PROGRAM

Exercise sessions are completed twice a week in a small, supportive group.

What can GLA:D® help you achieve?

- Reduce pain and stiffness
- Improve strength and movement
- Build confidence in using your joints
- Become more active
- Learn how to better manage your osteoarthritis
- Get back to the activities that matter to you

You don't have to let osteoarthritis hold you back.

BOOK AN ASSESSMENT TODAY >

Ask our physiotherapists if GLA:D® is right for you.

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