queanbeyan physiotherapy
restore the balance

GLA:D® AUSTRALIA

Is hip or knee pain getting in the way?

If hip or knee pain is making it harder to walk, exercise, use the stairs, get up from a chair or enjoy the activities you love, GLA:D® may be worth considering.

Queanbeyan Physiotherapy now offers GLA:D® Australia — an education and exercise program specifically designed for people experiencing hip and/or knee pain or symptoms of osteoarthritis.

The program combines education with supervised exercise to help you better understand osteoarthritis, build strength and confidence in your joints, and develop practical strategies you can continue using in everyday life.

What does the program involve?

Initial assessment
Meet with a GLA:D®-trained physiotherapist to discuss your goals and assess your current functional ability.

2 education sessions
Learn about osteoarthritis, risk factors, treatment options, exercise and self-management strategies.

12 supervised exercise sessions
Exercise twice a week for six weeks in a small-group environment, with exercises individually graded to your ability.

3-month follow-up
Review your progress and goals and repeat your functional measures.

Your complete program package includes:

- Initial assessment with a GLA:D®-trained clinician
- 2 education sessions
- 12 supervised exercise sessions over six weeks
- 3-month follow-up and functional re-testing

Health fund rebate may apply.

Tracking your progress

The program includes questionnaires at registration, 3 months and 12 months to help measure changes in areas such as pain, function, quality of life and medication use.

Who is GLA:D® for?

GLA:D® Australia is designed for people experiencing hip and/or knee pain or symptoms of osteoarthritis, regardless of severity. You do not need a doctor's referral to participate. Your physiotherapist will assess you and discuss whether the program is appropriate for you.

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GLA:D® Australia is a standardised but individualised program delivered by trained and certified clinicians.