



GLA:D CANADA PROGRAM FOR HIP AND KNEE OSTEOARTHRITIS

An evidence-based best practice treatment for patients with symptomatic knee and/or hip osteoarthritis



Real Life Health Functional Rehabilitation Centre would like to inform you of an exercise treatment program available for patients with early to late stages of osteoarthritis (OA) of the knee and/or hip.

GLA:D™ Canada is an education and targeted neuromuscular exercise program developed in Denmark and has been shown to produce positive long term outcomes (1 year post program) in over 10,000 participants. Results from Denmark at one year follow-up include:

- **a 27% reduction in pain intensity**
- **a 37% and 45% reduction in use of joint related pain medications for knee and hip OA participants respectively**
- **20% of GLA:D® participants with knee OA were on sick leave, compared to 30% at baseline**

The principles of neuromuscular exercise in conjunction with education, teaches participants the correct movement patterns for everyday activity. The results above demonstrate that the program creates positive and meaningful change in a patient's health related quality of life with long-term sustained benefits.

The program is provided in a *group session to minimize costs* (\$28 per session) and includes a data collection component for quality monitoring.

The program is run by Registered Physiotherapists and may be eligible for those with insurance benefits.

GLA:D™ Canada is appropriate for anyone experience knee and or hip OA symptoms. Undoubtedly in your practice you see patients who could benefit from an evidence-based education and exercise program. We encourage you to visit the website at www.gladcanada.ca and our clinic website www.reallifehealth.ca for more information about other services that we offer.

GLA:D™ Canada is licensed to the Canadian Orthopaedic Foundation and is funded by the Ontario Trillium Foundation

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