

# GLA:D<sup>®</sup> Program

Conveniently located across the road  
from Donvale Rehabilitation Hospital



Ramsay

**health** plus

[ramsayhealthplus.com.au](https://ramsayhealthplus.com.au)



GLA:D® is a proven exercise and education program developed by researchers in Denmark for people with hip and knee osteoarthritis symptoms.

In the management of osteoarthritis, clinical guidelines recommend **patient education, exercise** and **weight loss** as the **first line of treatment**.

This program is unique in that the education and exercises provided can be applied to everyday activities. By strengthening and correcting daily movement patterns, participants will train their bodies to move properly, prevent symptom progression and reduce pain.

## GLA:D®: What you need to know

- A detailed one to one physiotherapy assessment is required prior to commencing the GLA:D® program.
- The GLA:D® program runs for 6 weeks and consists of 2 education sessions and 12 group neuromuscular training sessions (2 x weekly).
- To make an enquiry or booking please call 9841 1204
- Claimable through extras cover

**Ramsay Health Plus is conveniently located across the road from Donvale Rehabilitation Hospital**

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