

For Patients with Knee and/or Hip Osteoarthritis



Good Life with Osteoarthritis Denmark (GLA:D™) is an 8-week evidence-based education and exercise program for individuals with knee and/or hip osteoarthritis (OA). In this workshop series, patients will learn self-management techniques to help build confidence, strengthen joint stability and improve functionality. GLA:D™ Canada participants report improved quality of life, less sick leave, reduced pain and use of pain medication.

Patients Receive:

2 Education Sessions:

- What osteoarthritis is, risk factors and symptoms
- Current available treatment for osteoarthritis
- How to self-manage symptoms
- Why and how exercise can help with osteoarthritis
- How to cope with difficulties and daily activities with osteoarthritis

12 Neuromuscular Exercise Sessions:

A GLA:D™ certified therapist leads hour-long group exercise sessions twice a week for six weeks, during which time participants:

- Learn how to control movement and proper posture
- Build muscular strength through functional exercises
- Learn how to apply these exercises to everyday activities

SCPCN group workshops will be facilitated virtually and in English.

Eligibility Criteria:

Inclusion:

- Patients aged 60 or greater
- Patients with a diagnosis of osteoarthritis

Exclusion:

- Patients who require urgent services
- Patients who are involved in an active WCB file
- Patients who have cognitive deficiencies that may prevent participation in group workshops
- Frail elderly
- Rheumatoid arthritis
- Fibromyalgia
- Chronic Fatigue Syndrome
- Post-surgical hip and/or knee replacement

If you do not meet the SCPCN eligibility criteria, please consider contacting the following South Calgary clinics that also offer the GLA:D™ Canada program:

- Bonavista Physiotherapy
403-278-0705 www.bonavistaphysio.ca
- Momentum Health Mahogany
403-455-0025 www.momentumhealth.ca

Questions:

If you have questions, contact Matt Dean, Kinesiologist running the program at matt.dean@scpcn.ca or 403-668-8600.

Referral Forms can be found on the SCPCN Plexus Knowledge Centre.

