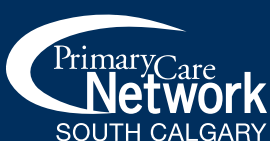


SOUTH CALGARY PRIMARY CARE NETWORK

# GLA:D™ CANADA PROGRAM

## 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.



Wellness Centre

4000, 1800-194 Ave SE | Calgary, AB T2X 0R3  
403.668.8600

For more information [www.spcn.ca](http://www.spcn.ca) • [membership@spcn.ca](mailto:membership@spcn.ca)

## 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 60 minute 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

*Please note:*

*There may be additional eligibility criteria based on program location.*

*A physician referral is required for the SCPCN GLA:D™ Program.*

## ELIGIBILITY CRITERIA:

### Inclusion:

- Patients with a diagnosis of osteoarthritis

### Prior to participating:

- The GLA:D™ Certified Therapist will complete a triage and assessment to ensure that you have symptoms that will respond to the program

### Patients may not be able to participate if:

- Patients have other reasons for their hip and/or knee problem (e.g. soft tissue or connective tissue problems, inflammatory joint disease, fracture, etc.)
- Patients have other symptoms that are more pronounced than the osteoarthritis (e.g. fibromyalgia)
- Patient is unable to communicate in English and cannot provide translation for all sessions

