Hartwell
PHYSIOTHERAPY

GLA:D™ AUSTRALIA

ARTHRITIS

Management Program

- DECREASE JOINT PAIN
- MANAGE HIP & KNEE ARTHRITIS
- REDUCE THE NEED FOR SURGERY
- IMPROVE STRENGTH & ENDURANCE
- ENJOY BETTER PHYSICAL HEALTH
- REDUCE PAIN MEDICATION
- IMPROVE QUALITY OF LIFE

GOOD LIFE WITH osteoARTHRITIS

GLA:D™ AUSTRALIA

Osteoarthritis is a lifelong disease with no cure. Therefore the importance of early intervention is essential. The Australian clinical practice guidelines recommend exercise as the first line of treatment. With the right plan, you can stay active, protect your joints from damage, limit injury and control pain.

GLA:D™ is a six-week education and neuromuscular exercise program developed by researchers for people with hip or knee osteoarthritis symptoms of any severity. It reflects the latest evidence in osteoarthritis research and is conducted by our team of fully qualified GLA:D™ certified Physiotherapists.

The program is unique in that the education and exercises provided can be applied to everyday activities. By strengthening and correcting daily movement patterns, you will train your body to move correctly, prevent symptoms and maintain the quality of life you deserve.

The GLA:D™ program consists of:

- Baseline assessment
- Two education sessions
- One-on-one introductory session
- 12 Neuromuscular training sessions

TO LEARN MORE, SCAN THE QR CODE

CONTACT OUR FRIENDLY TEAM

9889 3903

admin@hartwellphysio.com.au

Shop 1, 1150 Toorak Rd
Camberwell VIC 3124

www.hartwellphysio.com.au