

**GLA:D® (Good Life with osteoArthritis: Denmark) is an education and exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms.**

The GLA:D program is a 6-week course focused on strengthening your legs and core to improve your daily life activities. As part of the exercises, you will learn about moving with good form to prevent overloading your joints. Participants can expect an improvement in lower limb strength and stability, with decreased pain levels, and greater ease of movement in daily life.

**Where:**

Bodyworks Physiotherapy and Wellness Clinic @ 2/7 Homestead Rd, Kerikeri

**Cost:**

**\$400** per person per course - refer payment structure below (subject to change, please check at time of booking)

**How payments work:**

- **1<sup>st</sup> payment:** There is an initial payment of \$80 required before you participate in your 30-min assessment with a GLA:D trained physiotherapist. In this session, your physiotherapist will ascertain whether GLA:D is the best programme for you, and if not – what alternatives we suggest.
- **2<sup>nd</sup> payment:** Once you are deemed suitable for GLA:D, a payment of \$320 is required to confirm your spot in the next GLA:D programme. Please note that this is non-refundable and non-transferable.

**What's Included:**

- 1x 1:1 30-minute Initial assessment
- 2x educational sessions about arthritis: What is OsteoArthritis, risk factors, symptoms and treatment, exercise, activities in day-to-day living, coping strategies and much more. 2x weekly, 1 hour group exercise sessions = 12 exercise sessions in total (over 6-8 weeks)
- 1x 1:1 30-minute post-course follow-up assessment

### Timetable:

- Mondays & Thursdays at a time to be decided between 10am – 3.30pm (subject to change)
- Evening classes (**during summer months only**) Monday's & Thursday's @ 5pm or 5.30pm.

### Numbers:

We limit our classes to a **maximum of 10** people per class - this allows us to offer individualised attention to each attendee.

### Upcoming GLA:D Course Dates:

Please contact [bodyworks@bwk.co.nz](mailto:bodyworks@bwk.co.nz) for when our next classes are – we usually run classes 4-6 times a year.

### Requirements:

- Attendance at Initial assessment
- Attendance at ALL classes, 2x weekly for the full 6 weeks
- Attendance at 2x Educational sessions
- Making up for a missed classes is unfortunately NOT an option - if you are unable to attend even 1 class, please look at alternative dates (refer above for these)

### Data Collection:

GLA:D New Zealand as a program gathers data through questionnaires to understand the impact of arthritis on individuals and the effectiveness of the program. Participants are kindly asked to complete a 10-minute online questionnaire at the start and end of the 6-week program, and then again 3 months and 12 months after completion.

The collected data is combined with other data from across New Zealand for a comprehensive study. This study will be submitted to the Ministry of Health by GLA:D New Zealand to support a proposal for funding the nationwide implementation of this program. The aim is to demonstrate to the Ministry of Health that the program is beneficial for people with arthritis and deserves to be funded.

The process of data registration will be explained in the first session, and participants can choose to Opt In or Out for the questionnaires, and your decision will not affect your participation in the program.

## FREQUENTLY ASKED QUESTIONS

### What is GLA:D®?

GLA:D® is a program of exercise and education designed to help reduce the symptoms of hip and/or knee osteoarthritis. There are 12 supervised exercise sessions over 6-8 weeks, 2x educational sessions and 1x initial assessment.

### Who does it help?

GLA:D® has been shown to help people with mild, moderate and severe osteoarthritis, and people over the age of 40 who have symptoms of osteoarthritis. The factors that improve include pain, mobility and quality of life.

### What happens in a session?

There are sets of exercises done by each person; everyone does the same exercises but in different ways. The physiotherapists who run GLA:D® programs have been trained to customise the program to suit the individual – YOU.

All you need to bring is yourself in comfortable clothes and shoes to exercise in, we recommend a water bottle as well. We will supply all equipment and guide you through the exercises. You will be given your copy of the exercise program at the end of the course.

### I still have questions...

Please email [bodyworks@bwk.co.nz](mailto:bodyworks@bwk.co.nz) or call the clinic on 09 407 4288 with any questions.

Free education sessions are regularly planned and will be open to the public.

Keep an eye on our Bodyworks Physiotherapy Facebook page & website.

Check out GLA:D Australia's website for additional information on the program –

<https://gladaustralia.com.au/>