

# GLA:D at Clayton Physio

## Information Sheet



### 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.

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.

### How do the sessions work?

You participate in two education sessions, followed by 12 supervised exercise sessions over six weeks (2 per week)

During the group exercise sessions, everyone does the same exercises but in different ways. Our physiotherapists who run GLA:D® programs have been trained to customise the program to suit the individual – YOU.

Our clinic runs GLA:D® sessions at multiple set times during the week, with both morning and afternoon sessions to help accommodate for everyone's schedules.

### How do I start GLA:D®?

If you think GLA:D® may be for you, book in to see one of our physiotherapists and make a plan about how to get the most appropriate treatment. If that plan includes GLA:D®, we will be able to register you to do the program and provide the program to you.

### How much does it cost?

For private patients, GLA:D® group exercise sessions are billed at \$29.00 each, and you may be able to use private insurance (Item Code 560 'Group Consultation'). The initial consultation is billed at \$81.00, and the two education sessions are billed at \$66.00 each.

Patients can also use Medicare Enhanced Primary Care Programs (EPC) for the initial consultation and two education sessions.

GLA:D® is also available for patients with active Workcover and TAC claims who have approved physiotherapy.

### What else do I need to know?

GLA:D™ Australia also collects research data from GLA:D® participants. We give you the option to complete questionnaires before you start, at 3 months and again at 12 months, with information about your health and your experiences with osteoarthritis. This information will be sent to GLA:D™ Australia and work towards improving access to best possible care for people with osteoarthritis.

### I still have questions...

Email us at [info@claytonphysio.com.au](mailto:info@claytonphysio.com.au) for an information package, or give us a call on 9562 8933. We'll be GLAD to help!