



GLA:D[®] Osteoarthritis Group Exercise Package

This education and exercise program reflects the latest evidence in osteoarthritis (OA) research. It also includes feedback from people with OA and trainers on what works in the real world to help patients manage OA symptoms regardless of severity.

The exercise sessions help to improve muscle control of the joint which leads to less symptoms and better quality of life.

The educational sessions teach you about OA, how the GLA:D[™] Australia exercises improve joint stability, and how to retain this improved joint stability outside of the program.

GLA:D[®] Program - \$615*

Private Health Rebates Apply.

- ◆ A first appointment explaining the program and collecting data
- ◆ Two education sessions about OA and best management
- ◆ Group neuromuscular training sessions (2 per week, for 6 weeks minimum)

*Private health rebates apply

Real cost maybe significantly less

Speak to reception to quote your situation