



Are you experiencing pain or stiffness in your hip(s) or knee(s)? These may be symptoms of osteoarthritis (OA).

Have you heard about GLA:D®?

- GLA:D® is an 8-week education and exercise program developed in Denmark for people with symptoms of knee or hip OA
- GLA:D® is being launched across Canada as GLA:D™ Canada

What can GLA:D™ Canada do for you?

- This program will teach you the right way to move to reduce your OA symptoms
- In Denmark, people taking the GLA:D® program
 - have reduced pain
 - take fewer pain killers
 - take less time off work
 - are able to be more active
- GLA:D™ Canada is for everyone with symptoms of hip or knee OA!



**Eramosa Physiotherapy
is a GLA:D™ Canada clinic**

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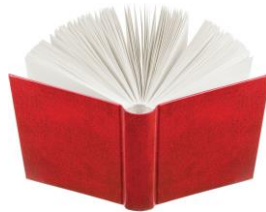
gladcanada.ca



The GLA:D™ Canada Program: What is it?

GLA:D™ Canada is an 8-week education and exercise program for those with stiff and/or painful knees and/or hips, or those with knee and/or hip osteoarthritis. Research from GLAD® in Denmark show participants report less pain, reduced use of pain killers, fewer individuals on sick leave, and being more physically active.

GLA:D™ CANADA IS MADE UP OF 3 PARTS:



2-3 Education Sessions

2 or 3 90-minute education sessions will teach GLA:D™ Canada participants about:

- What is osteoarthritis, risk factors and symptoms
- Current available treatment for osteoarthritis
- How to self-manage your symptoms
- Why and how exercise can help with your osteoarthritis
- How to cope with the difficulties of daily activities associated with osteoarthritis

12 Neuromuscular Exercise Sessions

60 minute group exercise sessions twice a week for 6 weeks led by a certified therapist. You will:

- Learn how to control your movements and proper posture
- Build muscular strength through functional exercises
- Learn how to apply these exercises to everyday activities



Data Collection for Quality Monitoring

The program measures how you're doing at your first visit, 3 and 12 months after you have started the program. This information will help us monitor how the program is working for people with osteoarthritis all over Canada and ultimately will help us improve the program.



Visit gladcanada.ca for more information.