

GLA:D® Australia: A great first line treatment for knee and hip osteoarthritis

The Royal Australian College of General Practitioners guideline on the management of knee and hip osteoarthritis strongly recommends exercise therapy, education and weight loss as a first line non-surgical treatment for all people with osteoarthritis.¹

Good Life with osteoArthritis from Denmark (GLA:D®) is an evidence-based program aimed at improving pain, function and quality of life for people living with knee and hip osteoarthritis.

GLA:D® consists of two sessions of patient education and 12 sessions of supervised, individualised exercise therapy delivered by trained physiotherapists and evaluated in a national clinical registry. The program was developed in Denmark and has been implemented internationally. Over 1,500 Australian physiotherapists have been trained to deliver GLA:D®.

GLA:D® Australia is a group-based education and individualised exercise therapy program with compelling evidence. One year after completing GLA:D® Australian participants reported:

- 35-42% average pain reduction
- 17-29% participants reduced pain medication use
- 38-39% improvement in joint-related quality of life

- Find **GLA:D®** trained physiotherapists across Australia at www.gladaustralia.com.au/locations
- Cost of **GLA:D®** varies based on individual circumstances and clinics. Eligible participants may be able to use Medicare or access publicly funded programs. The full program ranges from \$400-800.

GLA:D® Australia delivers key program content to ensure favourable outcomes for your patients.

Evidence-based Osteoarthritis management	How GLA:D® facilitates this
Education on osteoarthritis and the benefits of exercise	Two 1-hour educational sessions. These include: 1. What is osteoarthritis, risk factors, symptoms, introduction to treatment 2. Exercise, activities in daily living, coping, self-help tools
Use of graded progressive exercises to ensure that pain and discomfort are not excessive during or after exercise	The GLA:D® program incorporates exercise-therapy in a small class environment. Each exercise is graded to the individuals' ability as assessed by the physiotherapist. Participants are observed and encouraged to report discomfort and pain levels during exercises.
Initial exercises should be under expert instruction and supervision	Exercise classes are supervised and run by physiotherapists who have been trained in the GLA:D® program.
Supplementary material should be available to support face to face instruction	The GLA:D® Australia program incorporates exercises that can be easily performed at home with minimal equipment or supervision. Participants receive supplementary material in the form of exercise sheets and logbooks.
Monitoring over the long term with periodic re-assessment by a health professional is beneficial	GLA:D® participants are asked to fill out baseline osteoarthritis questionnaires and then repeat them at 3 months and 12 months. Participants are supported to think about and discuss exercise options beyond the 6-week program.

¹RACGP guideline: <https://www.racgp.org.au/clinical-resources/clinical-guidelines/guidelines-by-topic/view-all-guidelines-by-topic/musculoskeletal-health>