

# GLA:D Australia at PhysioWest

GLA:D, 'Good Life with Osteoarthritis (OA) in Denmark', is an education and exercise program developed by researchers for people experiencing hip or knee OA. It was first brought to Australia in 2016 where it continues to yield promising results for thousands of Australians. The evidence-based initiative focuses on empowering individuals with OA through education and exercise.

We invite you to join us in transforming the lives of our patients by enrolling in or referring those with OA to this life-changing program.

## UNDERSTANDING OSTEOARTHRITIS

OA is the most common lifestyle disease in individuals 65 years or older and can be present in individuals as young as 30. It affects 1 in 11 Australians, or ~2.1 million people, with a higher incidence in females. OA was previously considered a 'wear and tear' disease, however it is now understood to be a more complex issue involving many structures of the joint. Risk factors for OA include age, sex, genetics, joint damage, obesity, physical inactivity and muscle weakness.

Traditional approaches to OA management such as surgery and medications may not be meeting the needs of most OA sufferers, with exercise being considered a safe and effective alternative. Current clinical guidelines recommend that patient education, exercise, and weight management should be first-line treatments for everyone experiencing OA.

OA is not only a degenerative joint disease, but it can take a toll on your overall quality of life. Those with OA are more likely to experience mental health conditions & psychological distress, along with other health concerns such as increased levels of pain, back problems, and cardiovascular issues. This is what the GLA:D program seeks to address.

## BENEFITS OF GLA:D AUSTRALIA

- Targets hip and knee OA
- Reduces pain (by 36% on average), improves function, and enhances overall well-being
- Decreases analgesic (pain medication) consumption by up to 49%
- Significant reductions in the perceived need for surgery, with 74% no longer desiring surgery at 12 months post-completion of the GLA:D Australia program.



## CONTACT US

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## WHY PHYSIOWEST?

Our GLA:D Australia program is a comprehensive 6-week journey that intertwines education and exercise. Eligible participants will receive an initial assessment, 2 structured education sessions, 12 supervised exercise therapy sessions, and a 3-month follow up assessment. Our Exercise Physiologists are passionate, experienced, and client-centred - focused on your quality of life throughout and beyond the program!

## GLA:D AUSTRALIA EXERCISE SESSIONS

- Twice weekly 60-minute supervised exercise sessions over 6 weeks.
- Focus on developing core stability, joint alignment, leg strength, and functional capacity.
- Tailored to individual ability, ensuring participants stay within a 'safe and acceptable' level of pain whilst still allowing progression towards their goals.
- Classes accommodate up to 6 participants. These small group sessions ensure participants receive the attention and care required throughout the program.
- The program is available at both our Mile End and Salisbury clinics.

## EDUCATION FOR EMPOWERMENT

- Participants are equipped with the knowledge to self-manage their OA, fostering long-term motivation and adherence to exercise.
- Focus on helping participants understand OA and its risk factors, pain management and coping strategies, treatment options and alternatives to surgery, providing them with a solid understanding of their condition and generating buy-in to the program.

## ASSESSMENTS AND DATA COLLECTION

- 3-month follow-up assessments for progress review and to ensure program effectiveness.
- Surveys at 3 and 12-months to measure changes in areas such as pain, function, quality of life, and medication use.
- Required GLA:D outcome measures include the 30sSTS and 40m walk test, with a hop-for-distance test to be optionally completed.

## IDENTIFYING ELIGIBLE PARTICIPANTS

- Aged 45 or over; and
- Diagnosed with hip and/or knee OA - either through a GP, or through a Physiotherapist at PhysioWest; and
- Experience movement-related joint pain, regardless of severity; and
- Have either morning stiffness lasting no more than 30mins, or no morning stiffness at all.
- No GP referral required.

### Exclusion Criteria Includes:

- Primary joint problems due to other reasons (such as a recent hip fracture);
- Generalised chronic pain or fibromyalgia;
- Poor English literacy (required for participation in education sessions and data collection).

## JOIN US ON THE GLA:D AUSTRALIA JOURNEY

By referring eligible participants to, or enrolling yourself in the GLA:D Australia program at PhysioWest, you play a crucial role in the quality of life for those with OA. PhysioWest is committed to embracing a holistic approach to osteoarthritis management, offering a structured solution that empowers individuals to take control of their journey toward better joint health, and improve their quality of life.