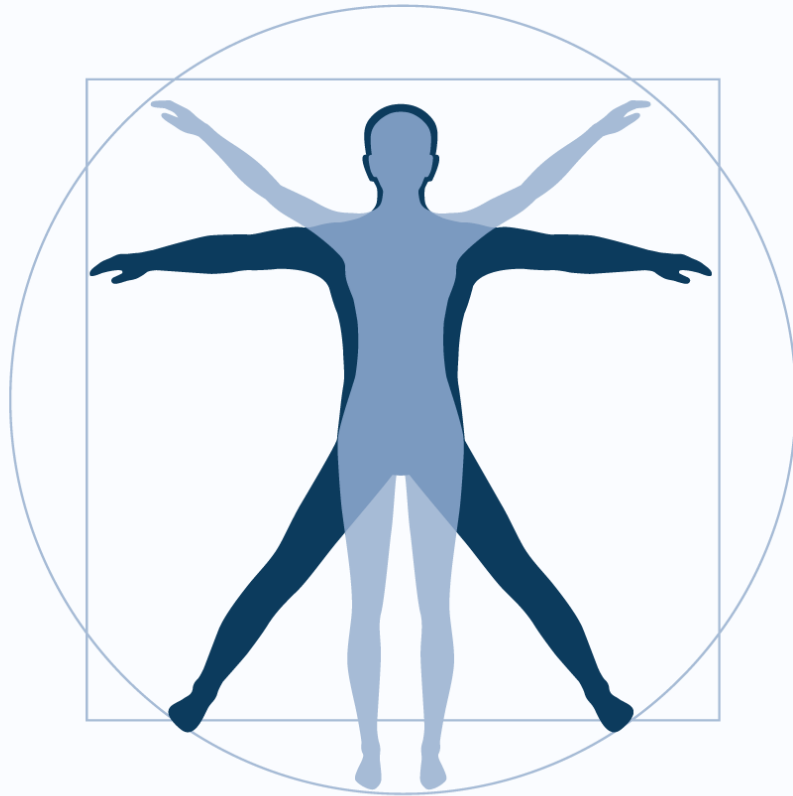


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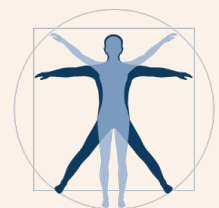
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GLA:D® Information

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WHAT IS GLA:D®?

The GLA:D® program (Good Life with Arthritis: Denmark) is an education and exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis (OA).

OA is the most common lifestyle condition affecting individuals 65 years of age and above, however it can also affect people as young as 30. OA affects one in eleven Australians; OA reduces occupational capacity, and triples the likelihood of poor health.

Based on current national and international clinical guidelines the Royal Australian College of General Practitioners (RACGP) guidelines recommend patient education and exercise therapy as first line care for OA.

Research from GLA:D® Australia found that 3 in 4 people with knee OA reported clinically meaningful improvement in pain or quality of life; and 3 in 4 people desiring surgery before GLA:D® have not had surgery and no longer desire surgery at 12 months follow up. Other favourable outcomes included less pain, reduced use of painkillers, and less sick leave or absenteeism. GLA:D® participants also reported high levels of satisfaction with the program and 12 months after starting the program had sustained an increase in physical activity levels..

This program provides equal access for all OA patients to evidence-based patient education and exercise irrespective of location and financial situation. Early intervention has the potential to improve symptoms and quality of life, surgery is only considered when other treatment measures have been undertaken.



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OVERVIEW OF GLA:D[®] PROGRAM

Initial consultation with our GLA:D trained physiotherapist to introduce the program and complete baseline measures.



Two online education sessions

First session

- What is osteoarthritis
- Risk factors
- Symptoms
- Introduction to treatment

Second session

- Exercise
- Activities in daily living
- Coping
- Self help tools



Option A

12x supervised group exercise session, 60 mins.
Six weeks of twice weekly exercise sessions with physiotherapist supervision.

Option B

3x supervised individual exercise session, 40 mins.
Exercise sessions on weeks 1, 3 and 5 with physiotherapist supervision.



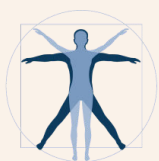
Final session with physiotherapist to reassess and compare baseline measures, and discuss ongoing management.



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FAQ GLA:D® PROGRAM



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Who can do the program?

The program is designed for anyone with hip or knee osteoarthritis. GLA:D® has been shown to help people of all ages with mild, moderate and severe osteoarthritis by reducing pain, increasing mobility and enhancing quality of life. Often surgery such as joint replacement can be avoided.

What to expect in a session?

The GLA:D® education sessions are an opportunity for the physiotherapist to tell you about the latest research evidence and for you to ask questions and discuss it with the physiotherapist and other participants.

The GLA:D® exercises are a set of exercises, plus warm-up and cool-down, aimed at improving the strength and function around your hips and knees. Sessions are run in small groups up to six people.

In each session, the exercises are done by each person at the level appropriate for them. The physiotherapists who run GLA:D® programs have been trained to customise the program to suit the individual: YOU.

When do classes run?

Classes will be held at Physiotherapy West premises, and will run for an hour per session.

What is the cost?

- Initial consultation - charged at normal Physiotherapy consultation rates
- Option A: 12x supervised group exercise sessions - \$35 a session
- Option B: 3x supervised individual exercise sessions - \$120 a session
- Two education sessions - charged at normal Physiotherapy consultation rates
- Final consultation - charged at normal Physiotherapy consultation rates
- GLA:D® kit with information booklet, therabands and sliders - \$40 for the kit

Discounted by \$100 if paid upfront prior to the commencement of the course.

Can I use my private health insurance?

Yes, you can claim at the clinic when you finish each session or we can provide invoices that can be forwarded for reimbursement from your private health insurer after each session.

For more information on the GLA:D program: <https://gladaustralia.com.au>

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Meet the Physiotherapist

Ghislene Goh

APA Sports and Exercise Physiotherapist
MSc Clinical Physiotherapy (Sports)
BSc Physiotherapy • BSc Nursing
GLA:D® Certified



Ghislene is our GLA:D® certified physiotherapist. She is an APA titled Sports and Exercise Physiotherapist with over 10 years of experience in sporting team involvement.

Ghislene has a wealth of experience nationally & globally, having worked in multiple locations around Australia and New Zealand.

She has been the Head Physiotherapist for the WA Women's Football League, Western Force Rugby 7s, and WA Touch Football. Ghislene was invited to provide physiotherapy services to athletes attending the Invictus Games in Sydney 2018.

Ghislene has a special interest in musculoskeletal conditions and sporting injuries, and is passionate about helping clients to return to functional activities.

Ghislene grew up in Singapore, and is proficient in Mandarin and understands Hokkien.

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Our PROCESS



1 Make a booking

Call us at 9456 5553

Let reception know that a GLAD assessment booking is wanted. You'll be booked in with Ghislene.

Referrals are not required for the GLA:D® program.

2 Assessment

Initial consultations generally take longer than follow up sessions as the Physiotherapist gets a full history of your case and performs a thorough initial assessment.

At your consultation, bring along any relevant scans or medical information that may help the treating physiotherapist and any relevant equipment/material associated with the injured body part.

Please come prepared with appropriate clothing.

Eg: assessing lower limbs, preferably wear a pair of shorts.



3 Payment

We do have HICAPS which allows for immediate rebates from all major private health insurers.



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let's get in touch

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