

GLA:D®

The Goal

GLA:D® (Good Life with osteoArthritis: Denmark) is an education and neuromuscular exercise program developed by researchers in Denmark for individuals with hip or knee osteoarthritis (OA). GLA:D®'s overall aim is to implement current clinical guidelines for the management of OA into clinical practice.

The Process

Patients can contact GLA:D™ Canada to find a location near them that provides a GLA:D® program. The program is an eight-week education and neuromuscular exercise group for people with early to advanced hip or knee osteoarthritis, led by a GLA:D® trained rehabilitation clinician. It includes a quality monitoring component which collects participant outcomes at three, six and 12-month intervals post-program. This group program is being offered at a number of private and public facilities throughout Alberta. Please note that fees may apply at some locations.



The Outcome

Results from more than 30,000 participants in Denmark have shown that this program reduces the intensity of pain symptoms, decreases the use of pain medications, increases walking speed, and decreases the need for a walking aid. Canadian data mirrors that of Denmark with over 1500 Canadian GLA:D® participants sharing their outcomes to date.

The Team

The Canadian Orthopedic Foundation has licensed the program as GLA:D™ Canada. In partnership with Bone and Joint Canada and The Arthritis Society, the Bone and Joint Health Strategic Clinical Network™ (BJH SCN) supports implementation throughout Alberta. For information about this project, please email GLAD@ahs.ca. You may also visit www.ahs.ca/glad and www.gladcanada.ca.

