

Struggling with Hip or Knee Arthritis? Try GLA:D!

What is GLA:D?

GLA:D is an evidence-based 8-week education and exercise program for individuals with knee or hip stiffness and pain, especially for those who have developed osteoarthritis of varying degrees. It is endorsed by the Canadian Bone and Joint Society and is being implemented across Canada. Findings from participants thus far in Canada have included:

PAIN

- 26% REDUCTION IN PAIN

SPORTING AND HOUSEHOLD ACTIVITIES

- 30% WITH MARKED IMPROVEMENT

QUALITY OF LIFE

- 40% WITH MARKED IMPROVEMENT

But I've already seen a Physiotherapist! Is this any different?

- YES!
- It is the program chosen to be endorsed and implemented by the Canadian Orthopedic Foundation and Bone and Joint Canada
- Therapists running this program require additional certification through coursework
- Acknowledges that one therapist is not necessarily “better” than another – and what is needed is a standardized program that works the best anywhere in the world
- Incorporates not only EXERCISE but also EDUCATION (e.g. less fear of damaging joint)
- Prioritizes rigorous reporting requirements for all centres to a central database in order to study its outcomes

Program Schedule

You will have a 45-minute initial assessment with GLA:D certified Physiotherapist, Tyson Bell. This will ensure you are suitable for entry into the group program. (\$100)

After this assessment, you will enter the 8 week GLA:D Program as outlined: (\$70/Session)

- Week 1: 90 minute education session on osteoarthritis
- Week 2: 30 minutes of education followed by 1 hour of exercise
- Week 3: 60 minute group exercise session supervised by Physiotherapist
- Week 4: 60 minute group exercise session supervised by Physiotherapist
- Week 6: 60 minute group exercise session supervised by Physiotherapist
- Week 7: 60 minute group exercise session supervised by Physiotherapist
- Week 8: Re-assessment of functional outcomes and final session of group exercise supervised by Physiotherapist.

You are strongly encouraged to perform 1 hour of exercise on a second day, each week. **Total cost: \$660**

But I've had pain for years, isn't it just going to be this way forever?

Not to worry! This program is for patients living with years of chronic hip and knee pain. The average duration of pain for patients entering the program was 4.8 years for hips and 6.2 years for knees. Despite this, 85% of hip participants and 86% of knee participants in Canada have found the program beneficial.

Does CPRI offer osteoarthritis treatments outside of GLA:D?

Although we recommend GLA:D as the most core and critical component in management of your hip/ knee osteoarthritis, CPRI has highly-trained physicians (Primary Care Sports Medicine, Anesthesiology, Physiatry, Pain Medicine) that can perform supportive treatments including:

Medication Management: e.g. acetaminophen, anti-inflammatories, duloxetine

Hip and Knee Injections: Corticosteroid, Hyaluronic Acid, Platelet-Rich Plasma

Group Self-Management Classes on Chronic Pain

Radiofrequency Lesioning/ Ablation/ Neurotomy of the nerve supply to the hip and knee joints

**All injections/ interventional pain management procedures are performed under precise ultrasound and/or fluoroscopy (x-ray) guidance*

If you are struggling with hip or knee osteoarthritis, contact us for more information about the GLA:D program today!