

**A PROGRAM FOR PEOPLE
WITH HIP AND KNEE
OSTEOARTHRITIS**

GLA:D AT TM PHYSIO

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

GLA:D® uses education and exercise to help with daily activities. You will work on strengthening your body, as well as learning to move correctly and manage symptoms to improve pain.

****places are limited
please call to book your place
and avoid disappointment***

WHAT'S INVOLVED:

COST:

DATES:

Initial Assessment (1 hour)

\$120

to be booked as an individual appointment before commencing in the program

Education Session 1 (1.5 hours)

FREE

Program 1 - 10th Oct 2019 6-7:30pm
Program 2 - 13th Feb 2020 6-7:30pm

Education Session 2 (1.5 hours)

FREE

Program 1 - 17th Oct 2019 6-7:30pm
Program 2 - 20th Feb 2020 6-7:30pm

12 x Group Neuromuscular
Training Sessions
(6 weeks, 2 sessions per week)

\$600 upfront
(\$50
per session -
Health fund
rebate
available)

**Program 1 - Kippax - Wed and Fri 12-1pm
commences Wed 9th Oct**
**Program 1 - Deakin - Tues and Thur 12-1pm
commences Tues 15th Oct**

Each session is 1 hour

Program 2 - Kippax - Wed and Fri 12-1pm
commences Wed 26th Feb
Program 2 - Deakin - Tues and Thur 12-1pm
commences Tues 25th Feb

Followup after 3 Months
(30 minutes)

FREE

Follow up sessions are booked as an individual appointment

WHERE:

Education Sessions are all held at 2 Luke St, Holt (Kippax)
Group training sessions are available at our Deakin and Kippax Clinics



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WWW.TMPHYSIO.COM.AU