



John James
Hospital



Welcome to **GLA:D®** at **Calvary John James Hospital**,

GLA:D® is an evidence-based program aimed at improving pain, function and quality of life for people living with knee and hip OA. GLA:D® consists of two sessions of patient education and 12 sessions of supervised, individualised exercise therapy delivered by trained physiotherapists and evaluated in a national clinical registry.

Calvary John James Hospital is excited to offer GLA:D® in the unique capacity of a 'prehab' program. Our aim is to improve postoperative outcomes by reducing pain and improving strength and function leading in to your hip or knee joint replacement surgery.

PROGRAM INCLUSIONS:

Initial Assessment:

- One on one with your physiotherapist
- 20-30 minutes

2 x Education sessions:

- 60 minutes

12 x Exercise sessions:

- 2 per week over 6 weeks
- 60 minutes per session
- Small group (no more than 6 people)

3 Month Assessment:

- One on one with your physiotherapist
- 20-30 minutes

COST:

- \$50 per 60 minutes exercise session. This is claimable through the extras component of your private health fund.
- The initial assessment, education sessions and 3 month assessment are **FREE OF CHARGE.**

Please call **6281 8113**, or email jj_gladphysio@calvarycare.org.au to book in to **GLA:D®** at Calvary John James Hospital, today!



John James Hospital

173 Strickland Crescent Deakin ACT 2600

YELLOW STAR indicates location of GLA:D Program.

RED STAR indicates best parking and entrance to facility.

- Payments and health fund claims can be processed at this entrance in the Day Therapy Program reception area.

