

# GLA:D™ Australia program fact sheet

## GLA:D™ Australia training consists of

- An initial physiotherapy consultation to check the program is right for you, outline the program and assess your current functional ability.
- Two education sessions which teach you about osteoarthritis, how the GLA:D™ Australia exercises improve joint stability, and how to retain this improved joint stability outside of the program for yourself.
- Two group neuromuscular training sessions a week for 6 weeks to improve muscle control of the joint.

## Costs

- Initial consultation: \$96 for new patients (claimable on your extras health insurance)
- Information sessions: \$33 x 2 one-hour information sessions (not claimable)
- Exercise sessions: \$33 x 12 one-hour exercise sessions (claimable)
- Subsequent physiotherapy consultation 3 months after initial physiotherapy consultation: \$83 (claimable and not included in the total program cost)

## Total program costs

- Pay as you go: \$558
- Full payment up front: \$446 (includes 20% discount)

## Additional (optional) costs

- Optional home exercise pack: Please ask your physiotherapist for pricing

## Important

To get the most out of the GLA:D™ program, we recommend you do not partake in physiotherapy group exercise or Pilates at the same time.

Please provide your GP's address, email and, if possible, their fax number in order for us to keep all your current management team up to date. If you are seeing an orthopaedic surgeon, please also provide their contact details.

Patients have the option to purchase exercise equipment packs for post-course maintenance and home exercise.

## Cancellation policy

Individuals who fail to attend or cancel their scheduled appointment without sufficient notice will be charged the fail to attend fee of \$22.

## Get in touch

Bookings for the information sessions and/or program can be made through [physio@tuh.com.au](mailto:physio@tuh.com.au) or by calling 1300 709 076. Places for the information sessions and exercise program are limited.

**All together better.**

Call us today on 1300 709 076 or visit us  
at 438 St Pauls Terrace, Fortitude Valley

**[healthhubqld.com.au](http://healthhubqld.com.au)**

