

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: \$107 for new patients (claimable on your extras health insurance)
- Exercise sessions: \$40 x 12 one-hour exercise sessions or \$94.50 per one-on-one session (claimable)
- Subsequent physiotherapy consultation 3 months after initial physiotherapy consultation: \$94.50 (claimable on your extras health insurance)

Important

To get the most out of the GLA:D™ program, we recommend you continue your regular exercise.

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.

Get in touch

Bookings for the program can be made through alex.young@northwestphysio.com.au or by calling 07 3353 4111. Places for the exercise program are limited.

Call North West Physiotherapy
today on 07 3353 4111 or visit us at
438 St Pauls Terrace, Fortitude Valley

healthhubqld.com.au/physiotherapy

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