

Alberta's Strategic Clinical Networks™

GLA:D®

The Goal

GLA:D® is an education program developed by researchers in Denmark for individuals with hip and/or knee osteoarthritis. This is an evidence-based conservative management treatment for individuals with osteoarthritis (OA).

Outcomes include a reduction in pain intensity, reduced use of joint related pain killers, and fewer individuals on sick leave. Program participants also reported high levels of satisfaction with the program and increased levels of physical activity 12 months after starting the program.



The Process

Patients can contact GLA:D™ Canada to find a location near them that provides a GLA:D® course. The course is an eight-week education and neuromuscular exercise program for people with mild to severe hip and/or knee osteoarthritis. It includes a quality monitoring component which collects participant outcomes at three, six, and 12-month intervals post-program.

The Outcome

Results from more than 10,000 participants in Denmark have shown that this program reduces the progression of pain symptoms by 32%, decreases use of pain medications, and increases physical activity levels by 30% over one year. The program is offered in a group format to enhance participant learning. The course is being offered at a number of private and public facilities throughout Alberta. Please note that fees may apply at some locations.

The Team

The Canadian Orthopaedic Foundation has licensed the program as GLA:D™ Canada. In partnership with Bone and Joint Canada and The Arthritis Society, the Bone and Joint Health Strategic Clinical Network™ (BJH SCN) is implementing the program throughout Alberta. For information about this project, please email GLAD@ahs.ca. You may also visit www.ahs.ca/glad and www.gladcanada.ca.

www.ahs.ca/bjhscn