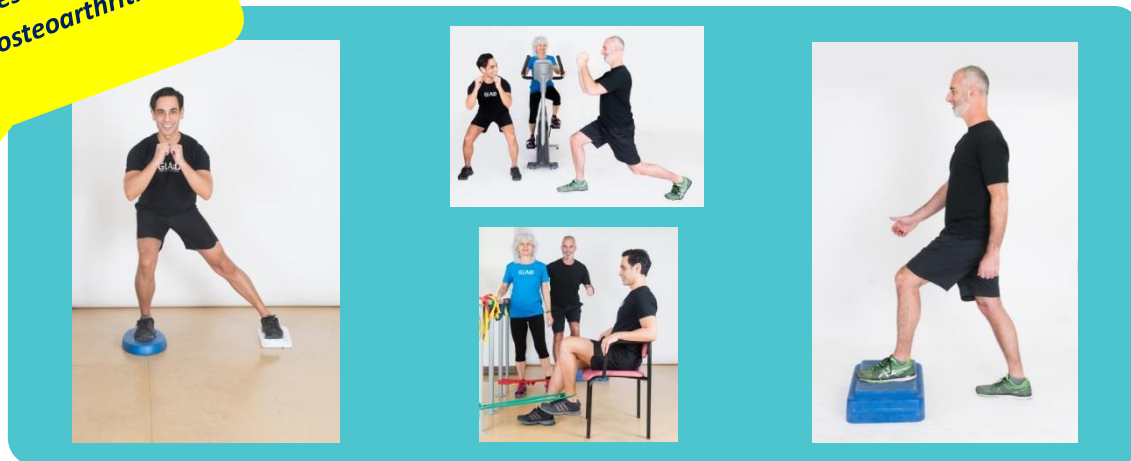


Bone and Joint Health SCN™

GLA:D™ Project Bulletin

July 2017

Are you interested in better managing osteoarthritis?



GLA:D™ Canada In Alberta

In late spring of 2016, the Bone and Joint Health Strategic Clinical Network (BJHSCN), partnered with Bone and Joint Canada, The Arthritis Society, and the Canadian Orthopaedic Foundation and brought the GLA:D™ Canada program in Alberta.

GLA:D™ Canada is an eight-week program now available in select clinics across Alberta, with more clinics opening later in 2017.

To find a clinic near you, go to:

<http://www.albertahealthservices.ca/info/service.aspx?id=1073354>

Research on GLA:D® in Denmark, where the program originated, shows that participants report less pain, reduced use of painkillers and more physical activity.

AHS is piloting the program through the Bone and Joint Health Strategic Clinical Network. Other partners in the GLA:D® program include Bone and Joint Canada, the Canadian Orthopaedic Foundation, the Alberta Bone and Joint Health Institute and The Arthritis Society.

*(GLA:D stands for **Good Life with osteoArthritis: Denmark.**)*

What's involved?

Education Sessions

Two or three 90-minute education sessions focusing on:

- What osteoarthritis is, risk factors and symptoms
- Current available treatment for osteoarthritis
- How to self-manage symptoms
- Why and how exercise can help with osteoarthritis
- How to cope with difficulties and daily activities with osteoarthritis

Neuromuscular Exercise Sessions

A GLA:D®-certified therapist leads one hour-long group exercise sessions twice a week for six weeks, during which time participants:

- Learn how to control movement and proper posture
- Build muscular strength through functional exercises
- Learn how to apply these exercises to everyday activities

To find out more information about the GLA:D™ Canada program and to find the clinic nearest you, visit the program website at www.ahs.ca/glad or contact GLAD@ahs.ca.

Education of GLA:D™ Canada Trainers

Upcoming Alberta Opportunity – September 30 & October 1, 2017

South Health Campus, Calgary

The training program for GLA:D™ Canada is a 1.5 day course that provides qualified health professionals who work with individuals who have osteoarthritis (OA) in their knees or hips or who are at high risk of developing OA (Pre-OA).

Qualified Health Professionals: The program is appropriate for individuals who have a comprehensive knowledge of anatomy and exercise prescription and who currently work with individuals who have OA or who are at high risk for developing OA (Pre-OA).

Content

The program includes:

- The latest research on the degenerative process associated with OA
- The latest knowledge and evidence on OA management strategies
- How neuromuscular exercises can be used in the context of OA changes
- How to assist individuals to implement the neuromuscular stability into their everyday lives
- Processes for registering program participants in the GLA:D™ Canada database
- How to implement the program at a clinic, in a hospital, in a wellness facility or in another appropriate setting, including providing the group sessions



The GLA:D™ Canada training course is a comprehensive training program that allows trained providers to implement best practices in the management of individuals with OA into their everyday clinical setting. The course is designed to ensure that all trained providers offer consistent education and treatment based on evidence that meets the program standards. This means that all individuals with hip and or knee OA who attend the program will receive evidence-based treatment regardless of geography and their economic position.

After taking the GLA:D™ Canada training, the project team also provides additional support for trainers to implement the program in their work setting, thereby helping them to build their practice using evidence-based care.

For more information or to register, visit <http://gladcanada.ca/index.php/for-trainers/sign-up-for-a-training-course/>