

SMGH GLA:D Program

September 2025

BACKGROUND

SMGH will be hosting a GLA:D Canada program in late September 2025. This 8-week education and exercise program is for individuals with stiff and/or painful knees or hips, including those with knee or hip osteoarthritis. Research from GLA:D in Denmark shows participants report less pain, reduced use of pain killers, fewer individuals on sick leave, and being more physically active.

Program is comprised of two parts:

- 1) 2 90-minute education sessions will teach participants:
 - What is osteoarthritis, 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 of daily activities associated with osteoarthritis
- 2) 12 60-minute Neuromuscular Exercise Sessions (2x a week for 6 weeks)
 - Learn how to control your movements and proper posture
 - Build muscular strength through functional exercises
 - Learn how to apply these exercises to everyday activities

Visit <https://gladcanada.ca> for more information.

Note: this program is not covered by OHIP, however most insurance programs will cover it at least partially. SMGH Physiotherapists are happy to discuss further.

PROMOTIONAL ASSETS

Newsletter Copy

Strathroy Middlesex General Hospital's Physiotherapy team is excited to offer the GLA:D™ Canada program starting in late September 2025 — an evidence-based, 8-week education and exercise program designed for individuals experiencing stiff or painful knees or hips, including those with osteoarthritis. Developed in Denmark, GLA:D™ has been shown to reduce pain, decrease reliance on pain medication, lower sick leave rates, and increase physical activity among participants.

The program includes 2 educational sessions (90 minutes each) that cover osteoarthritis, its symptoms, risk factors, current treatment options, and strategies for self-management. Participants will also attend 12 neuromuscular exercise sessions (60 minutes, twice a week for

six weeks), focusing on posture, movement control, and functional strength training to support everyday activities. For more details, visit gladcanada.ca or call SMGH Physio at 519-246-5901.

Socials Copy/Graphic

SMGH is excited to offer the GLA:D™ Canada program this September — an 8-week education + exercise program for those with hip or knee pain or osteoarthritis. Backed by research, it helps reduce pain, improve mobility, and increase physical activity. Learn more: gladcanada.ca or contact SMGH Physio at physioadmin@mha.tvh.ca / 519-246-5901.

#GLADCanada #Osteoarthritis #SMGH



SPACE IS LIMITED!

Middlesex Hospital Alliance
**GLA:D™
PROGRAM**
COMING TO SMGH THIS FALL!

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GLA:D Participants Report:

- Less pain
- Reduced use of painkillers
- Fewer sick leaves
- Being capable of increased physical activity

RESERVE YOUR SPOT TODAY!

SMGH Physio at 519-246-5901

8x11 printable poster

GLA:D™ PROGRAM

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Program Benefits

-  Less pain
-  Fewer sick leaves
-  Reduced use of painkillers
-  Improved physical mobility

Contact SMGH Physio to secure your spot!



519-246-5901



Physiotherapy-SMGH@mha.tvh.ca

SPACE IS LIMITED!