

# The GLA:D® IRELAND Programme: What is it?

**GLA:D® Ireland** is an 8-week education and exercise programme for those with chronic painful knees and/or hips, or those with **knee or hip osteoarthritis**. Research from the GLA:D® programme in Denmark shows that participants report less pain, less use of pain killers and sick leave and more physical activity after the programme.

## GLA:D® IRELAND IS MADE UP OF 3 PARTS:



### 2-3 Education Sessions

**At least two 90-minute education sessions will teach you about:**

- What is osteoarthritis, risk factors and symptoms
- Current treatments for osteoarthritis
- Why and how exercise can help
- Strategies to manage pain and improve daily activities



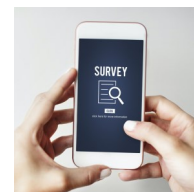
### 12 Exercise Sessions

**60-minute group-based neuromuscular exercise sessions led by a trained physiotherapist. You will:**

- Learn how to control your movements and proper posture
- Build muscle strength through functional exercises
- Learn how to apply these exercises to everyday activities.

## Data Collection for Quality Monitoring and Research

The programme measures how you're doing at your first visit, 3 and 12 months after you start the programme. This information will help us monitor how the programme is working for people with osteoarthritis all over Ireland and will help us to improve service delivery.



Visit [www.gladireland.ie](http://www.gladireland.ie) for more information

GLA:D stands for Good Living with osteoArthritis Denmark