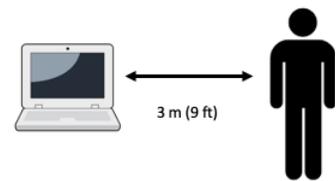


Virtual GLA:D at Home: What you need to know

Congratulations on deciding to complete the GLA:D program virtually in your home. There are a few things to keep in mind that will help you set up your space to be successful with the program.

Space and lighting

- Find an undisturbed space (approx. 3m by 2m) where you can exercise for one hour without being disrupted.
- The GLA:D instructor will need to see your face and see from your waist to your feet, so set up the camera approximately 3 m from you.
- Try to do all of your exercises in the same space, as moving around will take time from your exercising.
- Lighting is important so that the instructor can see your movements. Direct glare from lights or windows can reduce the ability to see you.



Technology

- You will need to use video so you will need a stable internet connection and as much band width as possible.
 - Your GLA:D instructor will be showing you the exercises so have as big a screen as possible. A laptop or tablet device is best, where you can move its position and adjust the angle of the screen for different exercises. You can use a phone but the screen is usually quite small so let the instructor know and they can talk about the options so you can get the most from your program.
 - If you need to move between rooms consider how you are going to position your camera/screen in each location.
- Your GLA:D instructor will practice setting up your technology with you before you do all the exercises, as well as make sure you know how to use the virtual platform.
- Have the GLA:D instructor's phone number so you have another way to contact them if there are any problems.



Clothing

- Your GLA:D instructors will want to see your knee position and movement to ensure you are doing the exercises correctly, so wear shorts, stretchy leggings or pants that can be rolled up.

Privacy

- In order to respect the privacy of the other patients and the GLA:D instructor you cannot:
 - share the video link with other people.
 - record or take pictures or screen shots during the exercise sessions or the education sessions.

Equipment

The GLA:D program has specific exercises which ideally require the following surfaces and equipment. However, these can be modified, so if you do not have access to any equipment, ***talk to your GLA:D instructor and they will help you find what else you can use.***

Exercise	Position	Surface	Exercise Equipment
Strengthening core (abdominals and low back)	Lying	Firm bed or couch or a yoga mat	Gym balls or chair/stool
Strengthening legs	Sitting	Heavy/stable furniture with leg to tie elastic bands on to	Elastic rehabilitation bands (ideally 2 different strengths to start) e.g. theraband
Sit to stand	Sitting	Firm chair e.g. dining room (with or without arm rests)	
One leg sliding	Standing	Hard wood or tiled floor	Small cloth, cane/walking poles
		Carpet	Plastic bag, slider
Step ups	Stepping	Flat surface for a step or access to stairs	Step, cane/walking poles

- It helps if you can see what you are doing so that you can check if you are moving correctly. You can do this by looking at yourself on your screen or using a long mirror.