

# Steps to Implement the GLA:D™ Canada Program

GLA:D™ Canada is an 8-week education and neuromuscular exercise program delivered by certified therapists for people with symptoms or diagnosed with hip and/or knee osteoarthritis (OA). This national program consists of two to three 90-minute education sessions, and twelve 60-minute exercises sessions classes taken twice a week. Participant outcome measures are collected in a national database at the start of the program, 3 and 12 months after the start of the program. These outcome measures are used to monitor the quality of the program.



## Learn about GLA:D™ Canada and whether it's right for you

01

Visit [gladcanada.ca](http://gladcanada.ca) for more information. Read our Getting Started with GLA:D document for details about what you'll need to run the GLA:D™ Canada program.

02

## Sign up for a 1.5 day training course

The course consists of:

- Theory on the pathophysiology, up to date research and treatment of OA
- Practical instruction on how to deliver the neuromuscular exercise program and functional tests
- Information on how to implement the program



## Complete the necessary documents for your patients to access the database

03

You will have access to your patient's de-identified data through our national database. \*The GLA:D™ Canada team will assist you with an ethics submission and data sharing contract (may vary by province).

04

## You're ready to launch the GLA:D™ Canada program!

Once your site has been added in our database, you are ready to launch the GLA:D™ Canada program! We have created supporting documents to assist with your implementation.



Visit [gladcanada.ca](http://gladcanada.ca) for more information.