GLA:D™ CANADA

Annual Report

2025

Website
gladcanada.ca

Email
gladcanada@uhn.ca

Authors

Rosalind Wong, BHSc
Allison M. Ezzat, PT PhD
Kala Sundararajan, MSc
Emily Collett, MPH
Anthony V. Perruccio, PhD
Michael G. Zywiel, MSc MD FRCSC
James J. Young, DC PhD

UHN

About this Report

Opening Statement

In this annual report, we share results from the 2025 GLA:D™ Canada Registry, highlighting the program's reach, participant outcomes, and continued growth across Canada.

GLA:D™ Canada Team



James J. Young, DC PhD
Executive Director



Michael G. Zywiel, MSc MD FRCSC
Medical Lead



Anthony V. Perruccio, PhD
Research Lead



Allison M. Ezzat, PT PhD
National Lead



Rosalind (Rose) Wong, BSc
Operations Lead

REGISTRY TEAM MEMBERS:

Antonietta Fazio, BSc
Registry Lead

Kala Sundararajan, MSc
Emily Collett, MPH
Registry Analytics Specialists

Kristine Pearson, BASc
Registry Platform Specialist

Sophia Magana, BSc
Rania Khalil, MSc
Registry Support Assistants

Using this Report

Download the report at gladcanada.ca

Excerpts, figures, and tables may be used with acknowledgement of the source.

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What is GLA:D™ Canada?

Good Life with osteoarthritis in Denmark (GLA:D®) adapted for use in Canada (**GLA:D™ Canada**) is an evidence-based clinician-supervised group education and exercise program that provides first-line care for patients with knee or hip osteoarthritis (OA).



Aims of GLA:D™ Canada

- To provide research-informed care for patients with knee or hip OA.
- To help patients learn about OA and how to manage their symptoms.
- To increase access to education and exercise before considering joint replacement surgery.

Access to GLA:D™ Canada

Eligibility: Patients with any severity of knee or hip OA may participate in the GLA:D™ Canada education and exercise program. A clinical diagnosis can be provided by a family physician, orthopaedic surgeon, physiotherapist, or chiropractor.

Referrals: Patients can contact participating GLA:D™ Canada locations directly to register for the education and exercise program. Some publicly funded programs require a referral from a clinician, such as a family physician or orthopaedic surgeon.

Participating locations can be found in the GLA:D™ Canada Directory: Locations – GLA:D Canada.

Costs: Program costs vary by location. Most GLA:D™ Canada education and exercise programs require patient payment; however, some may be funded through the public health system or covered by extended health benefits.

What is GLA:D™ Canada?

Key Components of GLA:D™ Canada

1



Certification of Clinicians

- Clinicians complete a 1.5-day certification course.
- Certified clinicians include physiotherapists, chiropractors, kinesiologists, and exercise physiologists.

2



Patient Education and Supervised Exercise

- Patients participate in 2 education sessions, with an optional third, followed by 12 exercise sessions, all delivered in a group setting.
- Exercises are tailored to each person's needs and abilities and are supervised by a certified GLA:D™ Canada clinician.
- The program is delivered over approximately 7 weeks.

3



Quality Monitoring

- Patients contribute information to the GLA:D™ Canada Registry before the program, at program completion (approximately 3-months later), and 12-months after completing the program.
- Information includes patient-reported outcomes, such as pain and quality of life, as well as physical function tests.

GLA:D™ Canada Clinicians
Who delivers the program?

The first GLA:D™ Canada training course was delivered in Ontario in October 2015 as part of a pilot research study. The program was rolled out nationally in 2016.

By December 2025:

54 courses have been delivered
2,255 clinicians are certified
across **10 provinces**
and **2 territories**.

Type of Clinicians Certified in 2025 (N=198)



In 2025: 4 courses were held, with **198 clinicians certified**. Currently, training is provided to registered physiotherapists, registered chiropractors, kinesiologists, and Canadian Society for Exercise Physiology - Clinical Exercise Physiologists (CSEP-CEP).

2025 HIGHLIGHTS

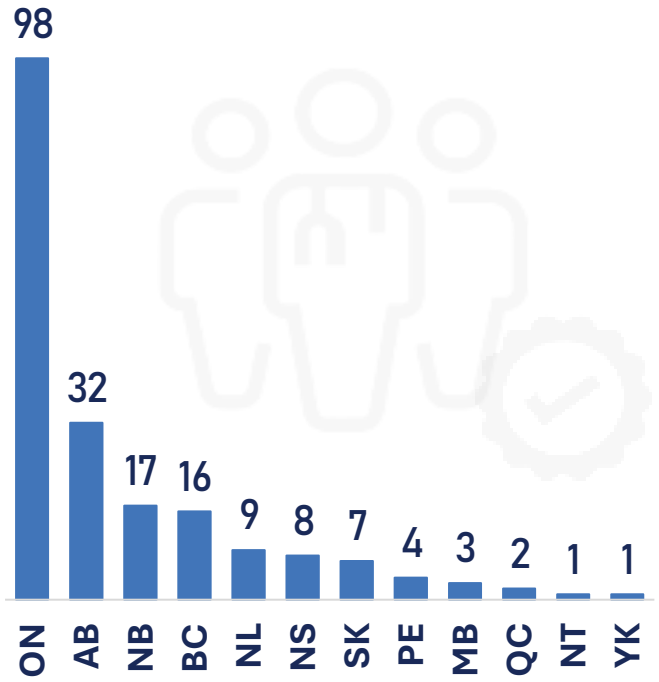
4
Virtual training courses

203
Clinicians participated

198
First-time certifications

2
Optional re-training

Number of Certified Clinicians By Province in 2025 (N=198)



GLA:D™ Canada Sites

Where is the program offered?

By December 2025:

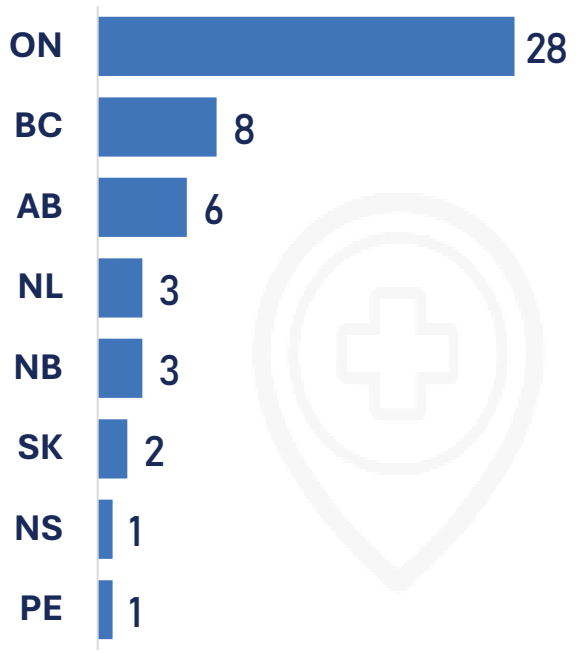
341 sites across Canada were registered in the national registry as delivering the program, including **132 sites offering the program through public funding.**

In 2025:

52 new sites were launched across Canada.

No new sites were added in Manitoba, Quebec, and the Territories.

52 New Sites By Province in 2025





Distribution of GLA:D™ Canada Sites Across Canada

GLA:D™ Canada Participants

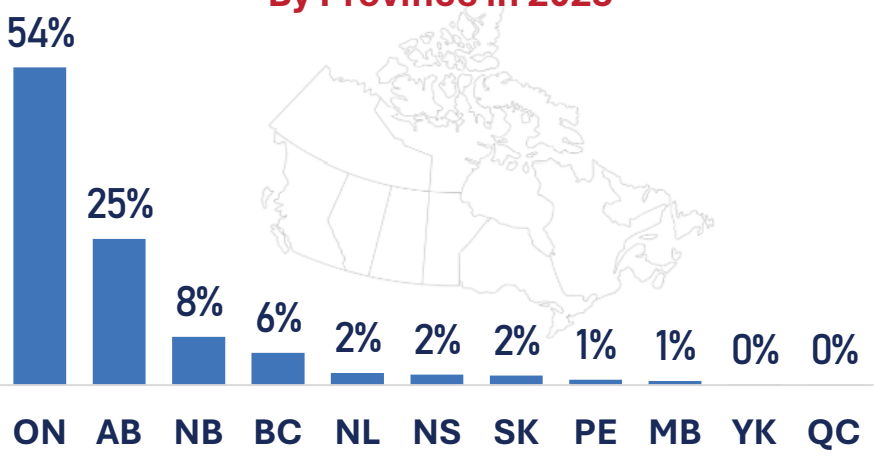
Who are the participants in the program?

Between December 2016 and December 2025:

34,195 participants were **registered** in the GLA:D™ Canada Registry, including **6,840 participants in 2025.**

Participants across Canada completed questionnaires at the **start of the program** to help track their outcomes over time.

Baseline Questionnaires Completed By Province in 2025

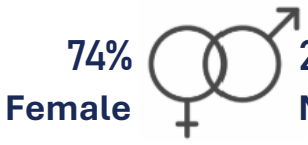


CHARACTERISTICS

Most participants were **female** between the ages of **65-74 years.**

Many participants were **above the recommended weight range**, and more than 2/3 were **retired.**

Gender Breakdown



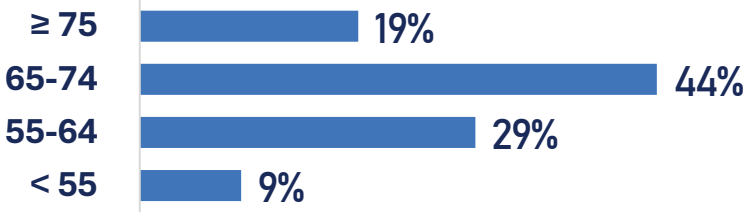
Overweight or Obese



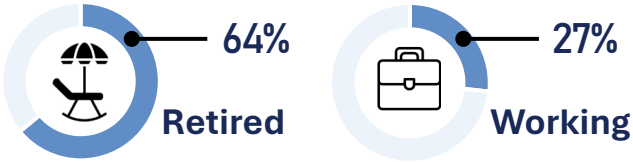
81% Knee

71% Hip

Age Distribution



Employment Status



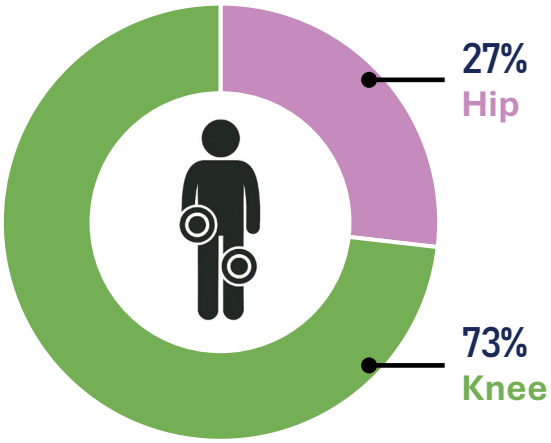
GLA:D™ Canada Participants

Who are the participants in the program?

SYMPTOMS

Affected Joint

Knee osteoarthritis was more frequently reported than hip osteoarthritis.



Pain Intensity Level

Prior to the start of the program, participants reported an average pain level of about 5 out of 10.

Average Symptom Duration

Participants also reported symptoms lasting on average of more than 4 years.

TREATMENTS

Medications



About 7 out of 10 participants took medications to help manage their symptoms.



Medications included common pain relievers, such as acetaminophen and oral and topical nonsteroidal anti-inflammatory drugs (NSAIDs).

ACTIVITY

Physical Activity

61% of participants were active for 30+ minutes on most days (4–7 days per week).

GLA:D™ Canada Participants
What are the 3-month (program end) results?

Outcomes were collected at the end of the GLA:D™ Canada program, which was 3-months after participants started.

Attendance

Almost all participants (over 94%) attended **at least 1 of 2 education** sessions.

76% of participants attended **at least 11 of 12 exercise** sessions.

Attendance rates were similar among those with knee and hip OA.

Beliefs

The table below shows **fewer** participants who feared that exercise or physical activity would damage their joints after completing the program.

Fear of Exercise Damaging Joint	% Knee Patients	% Hip Patients
Before program start	31%	24%
3-months after program start	18%	15%
Change: ↓ Fear	↓ 13%	↓ 9%

Satisfaction & Benefits

About **88%** of participants with knee or hip OA were **satisfied or very satisfied** with the program.

Similarly, **88%** of participants found the program **beneficial or very beneficial**.

Knowledge Use

90% of participants used what they learned **at least once a week**.



GLA:D™ Canada Participants
What are the 3-month (program end) results?

Pain, Physical Function, Physical Performance, and Quality of Life

Positive outcomes are shown below, with
38% to 43% of participants experiencing **meaningful changes**, including
decreased pain, **improved physical function**, and **improved quality of life**.

Improved Outcomes at 3-Months After Program Start		% Knee Patients	% Hip Patients
	↓ **Pain intensity** ***Meaningful change:*** *pain decreased by 30% or more, or no pain*	43%	39%
	↑ **Physical function** ***Meaningful change:*** *function score improved by 10 points or more, or reached the best possible score*	41%	39%
	↑ **Quality of life** ***Meaningful change:*** *quality of life score improved by 10 points or more, or reached the best possible score*	43%	38%

Over 40% of participants **improved physical performance**
with **faster** walking speeds.

Almost **3 out of 4** participants showed **meaningful improvement**
by completing **2 or more additional** chair stands.

Improved Functional Test Results at 3-Months After Program Start		% Knee Patients	% Hip Patients
	↑ **Walking speed** ***Meaningful change:*** *walking speed increased by at least 0.2 metres per second*	42%	40%
	↑ **Number of chair stands** ***Meaningful change:*** *completed 2 or more additional chair stands*	74%	73%

GLA:D™ Canada Participants
What are the 12-month follow-up results?

Outcomes were also collected at about 12-months after starting the GLA:D™ Canada program.

Beliefs

At the 12-months follow-up, participants with knee or hip OA continued to have **less fear** that physical activity or exercise would damage their joints compared with before they started the program.

Fear of Exercise Damaging Joint	% Knee Patients	% Hip Patients
Before program start	31%	24%
12-months after program start	20%	16%
Change: ↓ Fear	↓ 11%	↓ 8%

Pain, Physical Function, and Quality of Life

Improvements were sustained, with **38% to 49%** of participants continuing to experience **meaningful changes** in **pain**, **physical function**, and **quality of life**.

Improved Outcomes at 12-Months After Program Start		% Knee Patients	% Hip Patients
	**↓ Pain intensity** ***Meaningful change:*** *pain decreased by 30% or more, or no pain*	38%	42%
	**↑ Physical function** ***Meaningful change:*** *function score improved by 10 points or more, or reached the best possible score*	43%	44%
	**↑ Quality of life** ***Meaningful change:*** *quality-of-life score improved by 10 points or more, or reached the best possible score*	49%	47%

GLA:D™ Canada
2025 Program Results Summary

Key Takeaways:

- ☑ Many participants experienced lasting benefits from the GLA:D™ Canada education and exercise program.
- ☑ Improvements seen at the end of the program were generally maintained 12 months later, suggesting that participants continued to benefit after the program was completed.
- ☑ Similar patterns were observed among participants with both knee or hip OA.

Additional Learning Opportunities for Patients

In 2025, the GLA:D™ Canada National Team continued to offer patient education sessions **beyond the core** GLA:D™ Canada program, as described below.

Managing Knee and Hip Osteoarthritis – Virtual Education Seminar Series

Free | Education - two-part series (1 hour per session) | Canada-wide on Zoom



Led by a GLA:D-Trained Physiotherapist, this two-part seminar series provides additional education on knee and hip OA and non-surgical symptom management. It complements, but does not replace, the GLA:D™ Canada program education.

Register here: *https://gladcanada.ca/learning-network/learning-network-seminar-series/*

Nutrition and Osteoarthritis – Virtual Education Sessions

Free | Education (1 hour session) | Canada-wide on Zoom



Led by a Registered Dietitian, these sessions support individuals with OA by exploring how nutrition can help manage symptoms and support overall health.

Register here: *https://gladcanada.ca/nutrition-educational-sessions/managing-your-nutrition-with-osteoarthritis-registration-page/*