

Groups & Programs

GLA:D™

Knee and Hip Osteoarthritis Treatment

GLA:D™ Australia is an education and exercise program for people with hip or knee osteoarthritis. It is run by our team of Physiotherapists who provide you with education, support and exercise techniques to help reduce pain and prevent symptoms from getting worse.

This program is unique because the techniques can be applied to everyday activities. By strengthening and correcting daily movement patterns, you can train your body to move properly.

The program includes:

- 2x Education Sessions
- 12 X Group Exercise Sessions
- Group Sessions run twice a week over 6 weeks in total.

Bookings are essential and program dates are confirmed once your booking is finalised.



Where: Carrington Health Gym

Level 2, 43 Carrington Rd, Box Hill

When: Mondays & Wednesdays

Cost: Confirmed with booking.

Bookings and Enquiries

03 9890 2220

info@carringtonhealth.org.au

carringtonhealth.org.au/groups-programs/

Carrington Health

43 Carrington Rd, Box Hill VIC 3128

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