

GLA:D™ PROGRAM REFERRAL

Patient Name: _____ Tel: _____

Diagnosis: _____

Referring Physician: _____ Tel: _____

PATIENT REFERRED FOR

GLA:D™ for pain relief and improved mobility

- ☐ Initial assessment by a GLA:D™ trained physiotherapist
- ☐ 8 week evidence based & cost effective educational exercise program for those with stiff/painful knees and/or hips.

The \$75.00 fee for your initial assessment will be waived when referred by your physician.

INFORMATION FOR PATIENT

What is GLA:D™?

GLA:D™ is an 8 week educational & exercise program for those with stiff / painful knees and / or hips. Research from GLA:D™ in Denmark shows participants report less pain, reduce use of pain killers, fewer individuals on sick leave & being more physically active.

What you will gain by joining the GLA:D™ Program?

This program is to help you have less pain, move better & teach you how to reduce and manage your arthritis symptoms.

The GLA:D™ program is an evidence based & cost effective program covered by insurance plans with physiotherapy coverage.

What happens when you sign up for the GLA:D™ Program?

You will be assessed by a GLA:D™ trained physiotherapist prior to your first visit. Once you complete the program, your progress will be measured at 3 and 12 months after you have started the program.

Your referring doctor will receive a report once you join and complete the program

Learn more at: www.physiomobility.com