

Helping to reduce bone/joint pain: GLA:D™ Canada

In 2016 the Canadian Orthopaedic Foundation launched GLA:D™ Canada. GoodLife with osteoArthritis in Denmark (GLA:D®) is an evidence-based education and personalized, targeted exercise program for people with hip and/or knee osteoarthritis (OA). The Canadian Orthopaedic Foundation holds the licence for GLA:D in Canada and the program is implemented by the COF's knowledge translation division, Bone and Joint Canada.

Here's what people are saying about GLA:D™ Canada:

"When [my] physiotherapist suggested I participate in the pilot GLA:D program, I did my research and learned how it had already profoundly changed the lives of people living with arthritis throughout Europe. I saw it as an opportunity to take charge of my health, to do something positive. ... After only the fourth session ... I noticed that my knee pain was reducing. Over time the exercises became easier and I noticed less discomfort when performing daily activities such as sitting, walking and climbing stairs. By the end of the program I felt stronger, physically and mentally ... I have reduced my pain medications and increased my activity." – North Vancouver, BC

"I am a 70 year old woman who has been dealing with osteoarthritis for a number of years. [My Doctor] was very encouraging about the GLA:D program and felt that I might benefit from it. As the program progressed, I felt an improvement in my stamina as well as my quality of life. I have learned to manage my discomfort and my stamina for going up and down stairs and standing a long time has certainly improved." – Windsor, ON

"This is an exceptional program ... so thoughtfully designed and has encouraged me to maintain a regular exercise regimen since completing it in early November, 2018. I wholeheartedly endorse GLA:D, the trainers, and the COF for bringing this program to Canada. It is definitely, in my opinion, the best way to treat hip and knee difficulties. I am so grateful to have found it!! Five stars!!!" – Toronto, ON



Physiotherapist Mark Anunciacion demonstrates GLA:D exercises to program participants.

Since its inception in Canada, GLA:D has been launched in 8 provinces at 151 sites including clinics in hospitals, physiotherapy and chiropractic clinics and in wellness centres across Canada. More than 1500 patients have been through the program, with the vast majority reporting lessened pain and increased activity.

Learn more at www.gladcanada.ca.

Helping to lessen isolation and fear: Ortho Connect

Ortho Connect is a peer support program through which newly referred orthopaedic patients are matched with volunteers who have already undergone similar surgical treatment. Patients connect with trained volunteers by phone to learn a real-world patient view of what to expect from their treatment. Ortho Connect helps patients to feel confident and informed through providing an experienced, understanding ear.



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Patients tell us that their Ortho Connect volunteers have made a world of difference to them:

“An excellent service! It eased a lot of fears and helped me to understand the need for surgery. It was very uplifting to know it is only going to get better!”
– Manitoba

“I feel more confident for my journey ahead.” – Saskatchewan

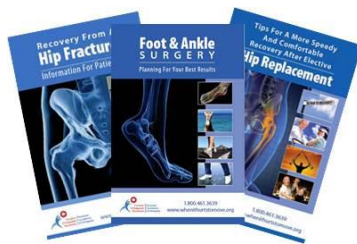
“I have strongly recommended that others access this program. Peer insights and support are hugely helpful in a continuing, long and potentially challenging process.” – British Columbia

“This program is so wonderful in allowing us to talk to people freely about what we can look forward to and to ask questions that were not fully answered by others.” – Ontario

Ortho Connect is provided free of charge to anyone who needs it. Visit www.whenithurtstomove.org/my-surgery/talk-to-someone/

Providing surgeon-approved information: Virtual Library

Our virtual library of booklets and videos provides education about orthopaedic ailments, surgery and treatment, in easy-to-understand lay terms. The library continues to increase in size, as new resources are created for specific bone/joint ailments; and the materials are regularly reviewed by our Medical and Scientific Review Committee to ensure up-to-date information. Whether a patient is preparing for joint replacement or foot/ankle surgery, recovering from hip fracture, or looking for information on club foot, we have a resource available. We also provide literature on stopping smoking to ensure surgical success. All of our education materials are provided free of charge. Visit www.whenithurtstomove.org.



The Canadian Orthopaedic Foundation's mission: *Pain free mobility for all Canadians.* We address this mission through three main programs:

- Funding research
- Leading patient care programs
- Providing educational resources