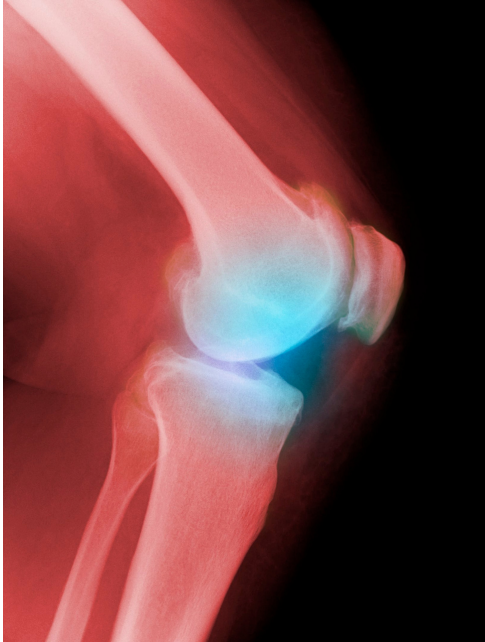


Do you have knee pain ?



Are you over 45 years of age ?
Do you have knee pain or
have been diagnosed with
knee osteoarthritis ?

The University of Canberra in conjunction with Arthritis ACT is looking to run a small pilot study that will examine why the GLA:D program for knee osteoarthritis works. The study will measure biomechanical factors such as your muscle patterns, the load on your joint and look at how your knee moves.

What do you need to do to participate ?

- To be eligible to participate in the study, you need to be over 45 years old and be diagnosed with knee osteoarthritis. If you are unsure whether you have knee osteoarthritis, a physiotherapist will be able to assess this
- Complete the GLA:D program for knee osteoarthritis, which consists of 2 education sessions and 12 small group exercise sessions
- Attend 2 additional appointments where we measure your knee muscle activation, knee joint load and knee movement.

To register your interest or for further information go to the web address <https://redcap.link/GLAD> or scan the QR code



Alternatively please contact :

Jacqui Couldrick on 0418270358 or email jacqui.couldrick@canberra.edu.au

Professor Jennie Scarvell

Denika Silva

Associate Professor Christian Barton (Head of GLA:D Australia)