



Clarkson Sports
& Physiotherapy

GLA:D™
CANADA

Hip & Knee Arthritis Program

Fun & Supportive Care

GLA:D Results:

- *Minimize Pain & Improve Confidence
- *Reduce Use of Medication
- *Delay/Prevent Surgery
- *Better Post-Surgical Recovery

"The GLA:D program certainly led to improvement of my hip pain and overall flexibility and posture. [They] did an excellent job managing the exercises and were always highly attentive to our individual needs."

Dr. M.A.



clarksonphysio.ca
clarksonphysio@gmail.com
905-855-8372

GLA:D™
CANADA

Initial Evaluation:

With Certified GLA:D Physio: **\$100**

Arthritis **Education Class: \$99**

12 Group Classes (in-clinic)*:

With Physiotherapist **(2x/week for 6 weeks): \$600**

*Tues/Thurs: 1hr anytime between
11:30am-1pm

Registration in GLA:D Canada
research database

Total: \$799

SAVE over \$1000 compared to 1-on-1
Physio!

Extended Health Benefits usually apply

How you feel tomorrow, starts today!



Ruth Wentzell, Physiotherapist:

Active, supportive care for
arthritic knees & hips pre-
and post-op since 1991

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