



GLA:D® - Best first treatment for hip and knee arthritis
AUSTRALIA

on	Tues	Wed	Thurs	Fri	Saturday
Jen 10.15am-11.15am	Nat 9.20am-10.20am	Jen 10.20am-11.20am	Steve 11.00am-12.00pm	Leisa 8.00am-9.00am	N/A
Steve 6.00pm-7.00pm			Steve 6.00pm-7.00pm		

Fees

40-minute GLA:D Initial Assessment	T500 - \$ 110.00
<i>(You may need to attend a second appointment to grade your exercises and teach you exercise technique one-on-one before joining a class)</i>	
	T505 - \$ 95.00
6-8 week 1:1 review (if required)	T505 - \$ 95.00
3-month GLA:D follow up	T505 - \$ 95.00

14 Session GLA:D Program includes:

12 group classes & 2 x Education sessions

Block of 12 x sessions (\$45.75/class) 12x T560 - \$ 549.00

(Or pay as you go option = \$55.00/class)

- You will need to pay in the clinic prior to commencing classes.

The GLA:D Education sessions (1 & 2) are held on Mondays 7:00pm-8:00pm and Fridays 9:00am-10:00am.

- Please ask one of our friendly receptionists for the dates of upcoming Education sessions.

Wakefield Sports + Exercise Medicine Clinic Locations -

Next Generation Clinic

Level 1/Next Generation
War Memorial Drive
North Adelaide 5006
ph. 8221 7000

Angas Street Clinic (CAH)

Calvary Adelaide Hospital
Consultancy Building
Ground Floor
120 Angas Street Adelaide
(cnr Angas and Pulteney St)
ph. 8232 5566

What to wear and bring

****Comfortable clothing****

****Enclosed shoes i.e., sneakers****

****Towel and Drink Bottle of water****

- If you have Private Health Insurance extras cover, you may be eligible for a rebate.
- Medicare Plans may be used for individual sessions – discuss eligibility with your GP.

Cancellation

We require 24 hours' notice should you need to cancel your session. If you do not attend your class or fail to provide adequate notice, a cancellation fee of the full cost of the session will be deducted from your pass.

Please note: *all participants must be accompanied by the physio when entering the Next Gen gym area.*

****Terms and conditions (Block/pre-paid passes)****

- refunds for any unused sessions will not be permitted unless for medical reasons, residence relocation or at the discretion of WS+EMC management.
- passes/pre-paid classes cannot be transferred to account credit or transferred to another family member for clinic services.
- Expiry date on passes can be extended for legitimate reasons