



# Management of OA Hip and Knee – A holistic approach

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## Background

Osteoarthritis (OA) of hip and knee joints are common chronic conditions in our community. A common belief associated with these conditions include a fear of weight bearing and exercising, which may lead to further comorbidities including diabetes, obesity, cardiac disease and dementia. To address these issues, DPV Health has adopted a holistic, evidence-based program consisting of education and exercises developed by researchers in Denmark called GLA:D (Good Life Osteoarthritis: Denmark).



## What does GLA:D™ involve?

This program reflects the latest evidence in osteoarthritis (OA) research:

- Education about OA, management, and weight loss
- Exercise therapy

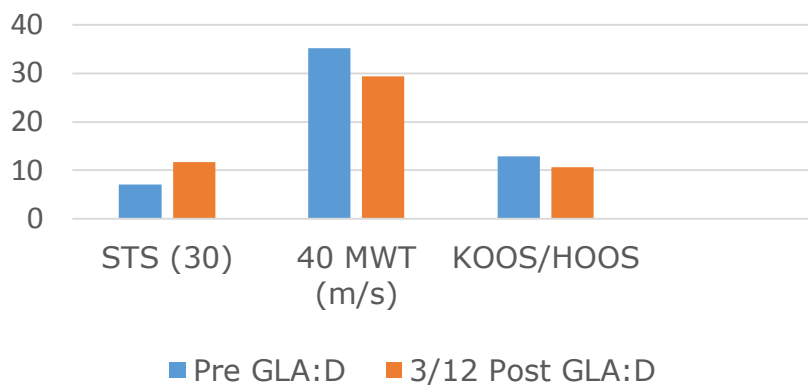


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## GLA:D™ Australia training consists of:

- An initial Physiotherapy assessment
- Two education sessions covering what OA is and why exercise therapy and education should be the first line of management
- Two exercise sessions per week over 6 weeks
- 3 and 12 monthly follow ups

## Hip/knee OA (n=16)



## Results at 3 months period post GLA:D

- The number of chair stands improved by 60%
- 40m walking speed time reduced by 17%
- KOOS/HOOS values improved by 18%

"I am climbing steps without needing a stick"

"I can stand up without using the arm rest"

"I could barely walk before but now I am walking everyday"

"My husband commented I am walking without limping and I should exercise more"

**Significance:** Physio-led supervised exercise program such as GLA:D, is effective in improving quality of life for people with OA knees and hips. They may also reduce the burden on the public health system by reducing the waiting for associated surgery.

