



WAKEFIELD
SPORTS + EXERCISE MEDICINE CLINIC



WAKEFIELD
ORTHOPAEDIC CLINIC



GLA:D[®]
AUSTRALIA

- Best first treatment for hip and knee arthritis

Mon	Tues	Wed	Thurs	Fri	Saturday
Jen 10.15am-11.15am	Liam 9.20am-10.20am	Jen 10.20am-11.20am	Liam 11.20am-12.20pm	Matt 8.00am-9.00am	Lucy 10:30am-11:30am
Steve 6.00pm-7.00pm			Matt 5:30pm-6.30pm		

Fees

40-minute GLA:D Initial Assessment	T500 - \$ 130.00
<i>(You may need to attend a second 1:1 appointment to grade your exercises and teach you exercise technique before joining a class)</i>	
Second 1:1 (if required)	T505 \$ 105.00
6-8 week 1:1 review	T505 \$ 105.00
3-month GLA:D follow up	T505 \$ 105.00
Classes 1 hour duration	T560 \$ 58.00

14 Session GLA:D Program includes:

12 x 1 Hour group classes & 2 x Education sessions	
Block of 12 x pre-paid GLA:D Classes	\$600.00
<i>(saving of \$96 for pre-paid block)</i>	
Payment required at reception prior to commencing class.	

The GLA:D Education sessions (1 & 2) are held at our Next Gen. North Adelaide clinic. Please ask one of our friendly reception team for the dates/times of upcoming Education sessions.

Next Generation Clinic

Level 1/Next Gen
War Memorial Drive
North Adelaide 5006

Ph. 8221 7000
E: physio@wakefieldsports.com.au

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 (1:1 only), not classes – discuss eligibility with your GP.

Cancellation

Please provide as much notice as possible If you are unable to attend a class as there maybe people on a waiting list for that class.

****Terms and conditions (Block/pre-paid passes)****
refunds for any unused sessions will not be permitted unless for medical reasons or at the discretion of WS+EMC management.