

INTRODUCES
GLA:D[®] BACK

WHAT IS GLA:D BACK?

Back pain is responsible for more years lived with disability worldwide than any other condition. Built on the positive success of previous research programs, GLA:D Back brings evidence-based initiatives that follow the current recommendations for the treatment of persistent lower back pain.

WHAT DOES GLA:D BACK INCLUDE?

1. Assessment by a GLA:D Back certified practitioner
2. 2 X 60 minute education sessions
3. 12 X 60 minute supervised neuromuscular exercise classes
4. Collection of pre and post program outcome measures on function, quality of life, and pain and a final re-assessment.

WHO SHOULD PARTICIPATE?

Individuals with non-acute persistent lower back pain for three months or longer are ideal.

If you have nerve symptoms such as neuralgia or sciatica, physiotherapy is recommended prior to starting this program.

Individuals must have the ability to understand and communicate in English (due to the educational and research components)

WHAT IS THE COST OF THE PROGRAM?

GLA:D Back is \$35 per session plus an \$85 assessment to a total of \$575. Insurance plans can cover this program, dependent on your coverage.

GLA:D is available at these Momentum Health locations:

Creekside	Deerfoot	Seton
West Springs	Ogden	National Spine & Wellness
Westbrook	Mahogany	

For more information visit:

www.momentumhealth.ca

To book an appointment:

call: 403.455.0025 or

email: booking@momentumhealth.ca