

What is GLA:D® Back? GLA:D® Back is an international research study and program designed to help people with persistent or recurrent low back pain (more than 3 months). GLA:D® Back was designed by researchers and therapists at the University of Southern Denmark in partnership with the University of Alberta.

The GLA:D® Back course is a 7 week program that includes:

- An initial one on one assessment where we determine your starting level and discuss your goals (30 - 60 minutes)
- 2 group education sessions about the back, pain and what you can do yourself to help your back (1 hour per class)
- 16 guided group exercise classes, offered twice a week for 8 weeks (1 hour per class)
- A final one on one visit where we test how much you have improved and discuss your ongoing plan (30 minutes)

Am I eligible for this program? You are not eligible for GLA:D Back if you have acute back pain (<3 months), have a complex medical history related to your back pain, are pregnant, are under 18 years of age, or do not speak/understand English (personal translators are allowed).

What should I wear or bring? Wear comfortable clothes you can move in and a water bottle. You can exercise in indoor shoes or bare feet. If your course is online/virtual, you will need access to the internet, an electronic device to access the classes, an exercise mat, and a resistance band.

Who is providing it and when? The Leduc Beaumont Devon Exercise Specialist offers this workshop in an ongoing basis. A referral from your LBDPCN primary care provider is required.