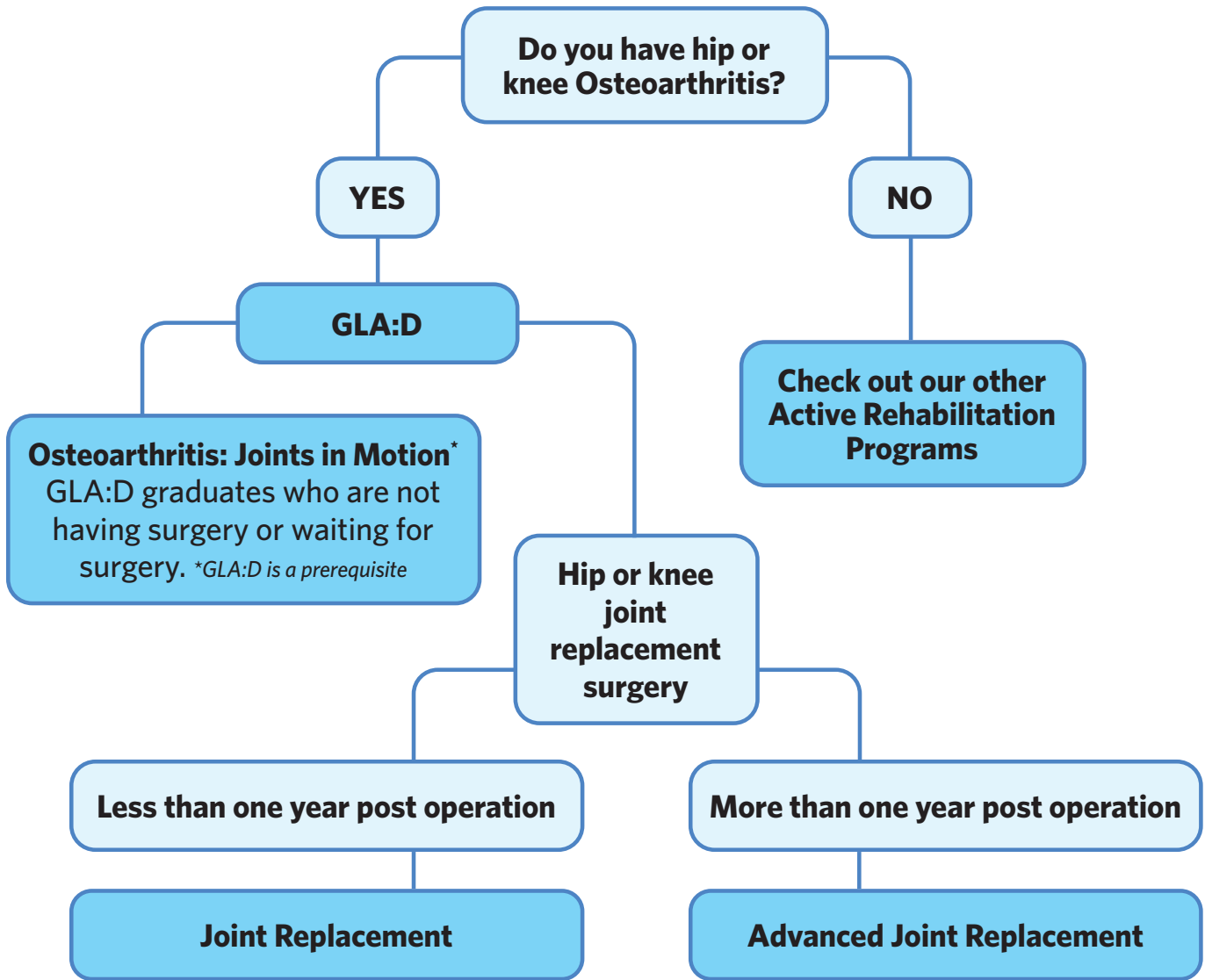




# JOINT HEALTH PROGRAMS



**GLA:D** - Individuals with Hip & Knee Osteoarthritis who are just starting the exercise journey. This is our starter program.

**Osteoarthritis - Joints in Motion** GLA:D graduates who are waiting for surgery or trying to manage their symptoms conservatively.

**Joint Replacement** - Post-operation knee or hip patients who are less than one year post-op.

**Advanced Joint Replacement** - Post-operation knee or hip patients who are more than one year post-op.