



# Allan McGavin Sports Medicine Clinic Physiotherapy



## THE GLA:D™ CANADA PROGRAM: WHAT IS IT?

GLA:D™ Canada is a 6-week education and exercise program delivered by certified therapists for people with symptoms of hip or knee osteoarthritis (OA).

GLAD™ Canada is made up of 3 parts:

- 2 Education Sessions
- 12 Neuromuscular Exercise Sessions
- Data Collection For Quality Monitoring

GLA:D™ Canada is available at these locations:

**CHAN GUNN PAVILION (UBC)**  
2553 Wesbrook Mall  
Vancouver, BC V6T 1Z3  
604.822.6833  
info@allanmcgavinphysio.com

**PLAZA OF NATIONS (DOWNTOWN)**  
B103 – 750 Pacific Blvd.  
Vancouver, BC V6B 5E7  
604.642.6761  
plaza@allanmcgavinphysio.com



allanmcgavinphysio.com

## GLA:D™ Canada OA Program

Front Version One



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**SAINT BERNADINE MISSION COMMUNICATIONS INC.**

DATE: October 16, 2019      SIZE: 5" x 7"  
CLIENT: Allan McGavin      COLOURS: CMYK  
PROJECT: GLAD Postcard      FONTS: Roboto, Droid  
DOCKET: ALM19-014      CONTACT: lblackburn@stbernadine.com  
FILENAME: ALM19-014\_Postcard\_GLAD\_5x7

C    M    Y    K    SWEET, LET'S GO TO PRINT  
 PMS#    PMS#    PMS#    PMS#    UH, DO YOU THINK WE CAN MAKE A NEE CHANGE?

Disclaimer: If you are reading this you are too close. You're likely hurting your eyes. You also probably have too much time on your hands. May we suggest a hobby? There are plenty to choose from. Do you like the outdoors? How about hiking, or rock climbing? Or do you have a passion for art? How about painting, or photography? Or are you a collector? We hear Danish teak furniture is the next big thing, and stamps are a wonderful record of the diversity of this planet earth. Anyway, we've got lots of ideas, come by some Friday at 4 and we'll have a beer and talk about it.

We will help you feel and move better, so you can perform better. Allan McGavin Sports Medicine Clinic (AMSMC) Physiotherapy is an established and innovative clinic with long standing relationships within the sports medicine community. Our team of experienced therapists is committed to providing you with the highest level of care.

We take a **hands-on** approach to your rehabilitation and customize a plan for your recovery. Whether you are a recreational athlete or an elite performer, our goal is your safe return to activity as soon as possible.

**CHAN GUNN PAVILION (UBC)**  
2553 Wesbrook Mall  
604.822.6833

**WAR MEMORIAL GYM (UBC)**  
6081 University Blvd.  
604.822.0150

**TWIST PERFORMANCE + WELLNESS (NORTH VANCOUVER)**  
12 – 1225 East Keith Rd.  
604.904.6556

**UNIVERSITY SERVICES BUILDING (UBC)**  
Room 0044 – 2329 West Mall  
604.827.0739

**PLAZA OF NATIONS (DOWNTOWN)**  
B103 – 750 Pacific Blvd.  
604.642.6761


**CALL TO BOOK YOUR APPOINTMENT**



**Allan McGavin Sports Medicine Clinic Physiotherapy**

[allanmcgavinphysio.com](http://allanmcgavinphysio.com)

Common Back



**St BERNADINE**

**SAINT BERNADINE MISSION COMMUNICATIONS INC.**

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stbernadine.com

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