



Allan McGavin Sports Medicine Clinic Physiotherapy



ARE YOU EXPERIENCING PAIN OR STIFFNESS IN YOUR HIP(S) OR KNEE(S)?

These may be symptoms of osteoarthritis (OA).

What can GLA:D™ Canada do for you?

Research shows people who complete the program:

- Report less pain
- Reduce use of pain killers
- Take less time off work
- Are more physically active

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 Two

 St. BERNADINE SAINT BERNADINE MISSION COMMUNICATIONS INC. Main Floor, 228 E. Georgia St. Vancouver, BC, V6A 1Z7 T 604.646.0001 F 604.646.0005 stbernadine.com	This Quality Product Was Hand-Crafted By SAINT BERNADINE MISSION COMMUNICATIONS INC.	
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<input type="checkbox"/> C <input type="checkbox"/> PMS#	<input type="checkbox"/> M <input type="checkbox"/> PMS#	<input type="checkbox"/> Y <input type="checkbox"/> PMS#
<input type="checkbox"/> K <input type="checkbox"/> PMS#	<input type="checkbox"/> SWEET, LET'S GO TO PRINT <input type="checkbox"/> 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

Common Back

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