

LSVT[®] BIG

LSVT[®] is BIG Exercise!

Even though medications are very effective early on at alleviating most of the symptoms of Parkinson Disease (PD) and other neurological conditions, scientific research suggests that you should not wait until you begin to experience disability, impaired function or loss of balance to begin exercise.

LSVT[®] BIG self-empowerment techniques train individuals with PD and other neurological conditions to use an internal cueing strategy for better movements anywhere and anytime.

For ideal results, it is essential that LSVT[®] BIG treatments are delivered by a physical or occupational therapist certified in this method.

Upon completion of LSVT[®] BIG training, we recommend regular "tune-ups" every 3 months to sustain motivation, adherence to home programs, and increase community participation.

Cardinal Hill Rehabilitation Hospital

*To Schedule an
Appointment With
LSVT[®] LOUD Speech Therapy
or
LSVT[®] BIG Physical Therapy,
Please Contact
Cardinal Hill Referral Relations
@ (859) 367-7121*

*If you have any questions or would like
additional information, please contact the
following:*

***LSVT[®] Loud Voice Therapy:**
Nancy Nickerson, SLP
859-367-7125 Ext. 5213 or
nnsn@cardinalhill.org*

***LSVT[®] Big Physical Therapy:**
Melissa Wilson, PT
859-367-7125-Ext. 5658
mmc1@cardinalhill.org*

*For more information about
LSVT[®] Global,
visit www.lsvtglobal.com*

Cardinal Hill Rehabilitation Hospital

Center for Outpatient Therapy Services Parkinson Program

***LSVT[®] LOUD
Voice Therapy
And
LSVT[®] BIG
Physical Therapy***

*Designed for Individuals
with Parkinson's Disease*

***EXERCISE CAN HELP
PEOPLE GET BETTER!***

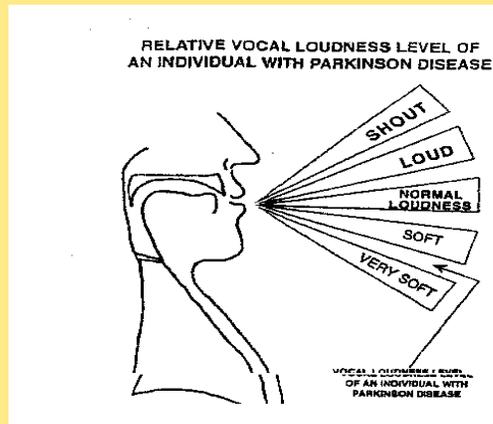
LSVT[®] LOUD

Speech Therapy

- Do people have trouble hearing and understanding you?
- Do you have to repeat yourself when you speak?
- Are you told that your voice has become soft or your speech sounds mumbled?

LSVT[®] is the FIRST EFFECTIVE TREATMENT established for treating voice and speech problems common in people with Parkinson's Disease.

- LSVT[®] is administered on an intensive schedule of 16 individual sessions in one month.
- Treatment involves high effort voice exercises and focuses on immediate carryover into daily communication.
- 9 out of 10 clients improve from LSVT[®] treatment.
- 8 out 10 clients maintain improvements in their voice quality for 12-24



months post—treatment.

LSVT[®] BIG

Physical Therapy

LSVT[®] **BIG** is a standardized exercise prescription that adheres to principles of practice promoting strength, motor learning, and changes in brain function.

LSVT[®] **BIG** is:

- 16 individual therapy sessions
- 4 times per week for 4 weeks
- One hour per day

LSVT[®] **BIG** is:

- High Effort - multiple repetitions of whole body large amplitude functional movements.
- Progressive - moving from simple, real world tasks to more complex and novel functional movements.
- Continuous Activity - large amplitude movements are incorporated into daily situations.
- Motivating - extensive, positive feedback reinforces success and teaches self-monitoring. Clients practice meaningful tasks.