

Treatment for individuals with Parkinson's Disease

LSVT BIG® and LSVT LOUD®

LSVT BIG® and LSVT LOUD® are evidence-based programs for people with Parkinson's disease and other neurological conditions. LSVT LOUD® (Lee Silverman Voice Treatment) is delivered by a certified Speech Therapist to improve voice loudness and communication. LSVT BIG® is delivered by a certified Physical/Occupational Therapist and works to improve posture, walking, balance, and completion of day-to-day activities.

Who Could Benefit from LSVT BIG® and LSVT LOUD®?

Both LSVT BIG® and LSVT LOUD® are standardized treatment protocols, customized to the unique needs of each individual. LSVT BIG® and LSVT LOUD® are appropriate for people with Parkinson's disease from early to late stages. Even those newly diagnosed can benefit before there are noticeable changes in posture, balance, movement, and voice. It is never too late to start! Research has shown improvements in many aspects of voice and speech, including vocal loudness and intelligibility as well as facial expression after LSVT LOUD®; improvements in mobility, balance, walking speed, activities of daily living and a decrease in fall risk following LSVT BIG®.

What is included in the LSVT BIG® and LSVT LOUD® treatment programs?

- Evaluation by an LSVT BIG® and/or LSVT LOUD® certified therapist to determine appropriateness for each program
- 16 one-hour individual treatment sessions: 4 consecutive sessions a week for 4 weeks
- Daily homework practice and daily carryover exercises
- LSVT BIG® and LSVT LOUD® can be done in the same month (16 sessions each) or in different months.

Goals of LSVT LOUD® are to gain improvements in:

- Vocal loudness (to more normal levels)
- Intonation (tone of voice)
- Intelligibility of speech

Goals of LSVT BIG® are to make improvements in:

- Speed of walking, step length and arm swing
- Balance and fall risk
- Flexibility and movement throughout the whole body
- Efficiency and independence with functional activities like getting dressed, getting out of low chairs, handwriting, leisure/sports activities, and more

How do I get started?

A doctor's prescription is required to participate in all programs, and we participate with most major insurance companies. For more information about the LSVT programs please refer to www.LSVTGlobal.com

For more information about our program or to schedule an appointment:

Phone: 667-234-2800

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