

# QUICK GUIDE TO THE LSVT BIG EXERCISE APPROACH

Live  
life  
better

LSVT BIG is a research-based exercise approach developed from the effective Parkinson's specific speech treatment LSVT LOUD.

## LSVT BIG<sup>®</sup>

*This program is also beneficial for individuals with impairments following a stroke or people with Multiple Sclerosis.*

### HOW CAN LSVT BIG HELP?

LSVT Big will teach you how to avoid inactivity and keep your movements ALIVE during everyday activities. It will help you participate fully and improve the quality of your life!

Research on LSVT BIG has documented improved ratings on tests of motor functioning in people with Parkinson's disease following treatment including:

- Faster walking with bigger steps
- Improved balance
- Increased trunk rotation
- Improvements in activities of daily living such as bed mobility
- Improved UPDRS Motor Score

### IS LSVT BIG SCIENTIFIC?

The LSVT Programs have been developed and scientifically researched over the past 25 years with funding from the National Institutes of Health.

### WHAT DOES THE TREATMENT CONSIST OF?

LSVT BIG is a standardized treatment protocol, which is customized to the unique goals of each patient including both gross and fine motor skills. It consists of 16 sessions: 4 consecutive days a week for 4 weeks.

- Individual 1 hour sessions
- Daily homework practice
- Daily carryover exercises

### HOW DOES LSVT BIG WORK?

- Trains a single target of amplitude (bigger movements)
- Drives intensive and high-effort practice
- Teaches the amount of effort required to produce normal movements
- Translates bigger movements into real-world, everyday activities
- Empowers power with PD with their potential to improve!



Call the Therapy Department at 563-547-6361 to schedule or learn more.