

LSVT[®]BIG

www.LSVTGlobal.com

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 to exercise.

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

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

Don't Lose it!
Use it!
And improve it!

For more information about **LSVT Global** or to locate an **LSVT[®]** certified professional in your area, please contact us at:

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LSVT[®]BIG
Certified Clinician

LSVT[®]BIG

Keep Your Movement Alive!



***BIG Exercise
for the
Whole Body***

Exercise can help people get better!

LSVT[®]**BIG**

LSVT[®]BIG is a research-based exercise approach developed from principles of the effective Parkinson specific speech treatment **LSVT[®]LOUD**.

LSVT[®]LOUD is backed by over 15 years of research funded by the National Institute of Health (NIH). It has demonstrated positive results in sustaining louder speech for up to two years as well as showing measurable benefits in swallowing, facial expression, intelligibility and improved brain function.

Initial research funded by the NIH has also shown **LSVT[®]BIG** to enhance larger amplitude whole body functional movements for up to three months (post-intervention) that include:

- faster walking with bigger steps
- better balance
- increased trunk rotation

LSVT[®]BIG will teach you how to avoid inactivity and keep your movements ALIVE during everyday movement activities which will help improve the quality of your life!

Make the commitment today...

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
- 4X/week for 4 weeks
- 1-hour/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. Patients practice salient (meaningful) tasks.

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.



LSVT[®] GLOBAL

**The Official Voice of
LSVT[®] Treatments**

LSVT Global offers both speech therapy (**LSVT[®]LOUD**) and physical – occupational therapy (**LSVT[®]BIG**) programs for patients, and provides certification and training for professionals. For optimum results, it is essential that **LSVT[®]** treatments be delivered by a certified professional.

LSVT[®] is BIG Medicine!

LSVT[®]BIG is an intensive physical and occupational therapy exercise program for people with Parkinson Disease and other neurological conditions. Treatments target the production of larger amplitude whole body functional movements while retraining the sensory awareness of the effort required for normal movement.

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