

# LSVT BIG and LOUD for Parkinson's Disease!



## LSVT BIG

The Lee Silverman Voice Treatment (LSVT) BIG program is a treatment plan which is customized to the goals of each patient including both gross and fine motor skills. It includes 16 one hour sessions on 4 consecutive days a week for 4 weeks, daily homework practice, and daily carryover exercises. This treatment notes improvements including faster walking with bigger steps, improved balance and trunk rotation, improvements in activities of daily living, and improved motor assessment scores.

## LSVT LOUD

This treatment plan focuses on the loudness mismatch common in patients with Parkinson's Disease. This plan also includes 16 one hour sessions, 4 days a week for 4 weeks, daily homework practice, and daily carryover exercises. It improves respiratory function, articulation, voice function to maximize communication and intelligibility. It may improve swallow function in those with Parkinson's Disease.

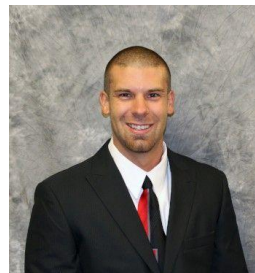
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