

LSVT BIG

What is LSVT BIG??

LSVT BIG is a research-based exercise approach developed from principles of the effective Parkinson's specific speech treatment LSVT LOUD. LSVT BIG has shown improvements in tests of motor function in people with PD after treatment. These improvements include:

- **Faster walking with bigger steps**
- **Improved balance**
- **Increased trunk rotation**

How often do I come?

- 16 sessions: 4 consecutive days a week for 4 weeks
- Individual 1 hour sessions
- Daily homework practice
- Daily carryover exercises

What does it do for me?

- 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 people with PD with their potential to improve!

When should I start?

As early as possible! Research shows that you should NOT wait until you begin to experience disability, impaired function, or loss of balance to start exercise-based physical and occupational therapy.