

## Princeton Rehabilitation

### Lee Silverman Voice Treatment (LSVT) BIG now in South Brunswick!

**LSVT BIG** is an intensive, effective amplitude-focused physical therapy approach for people with **Parkinson's Disease** to improve movement, gait, and balance. LSVT BIG has been developed and researched over the past 25 years with funding from the **National Institutes of Health** with a protocol developed specifically to address the **unique movement impairments** for people with Parkinson disease to improve their quality of life.

Penn Medicine Princeton Medical Center (PMC) Princeton Rehabilitation is proud to offer LSVT BIG at our **South Brunswick location**. This is an outpatient physical therapy program consisting of **16 individualized one-on-one** 1 hour sessions delivered only by a **specially trained & certified physical therapist** (four individual **60 minute sessions per week**).

LSVT BIG has demonstrated improved motor function in people with Parkinson's Disease including:

- **Faster walking with larger steps**
- **Improved balance**
- **Increased trunk rotation**
- **Improvement in the performance of daily activities**

(For more information: [www.LSVTglobal.com](http://www.LSVTglobal.com))  
Most major insurances are accepted!

**Esther Frasso, PT, LSVT Certified** is certified in LSVT-BIG at South Brunswick!

\*According to a recent survey, patients begin to consider lifestyle changes and seek education about conventional and complementary/alternative treatment options at the time of diagnosis. Thus referrals to physical therapy for a targeted, evidence-based exercise program would be best initiated early to optimize outcomes\*

**Penn Medicine Princeton Rehabilitation**  
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