

# LSVT BIG<sup>®</sup>

## Fact Sheet

**LSVT BIG** is an intensive, amplitude focused physical and occupational therapy approach developed from principles of the effective Parkinson's specific speech treatment **LSVT LOUD**<sup>®</sup>.

- The **LSVT** Programs have been developed and scientifically researched over the past 25 years with funding from the **National Institutes of Health**.
- Research on **LSVT BIG** has documented improved ratings on tests of motor functioning in people with **Parkinson 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*

**LSVT BIG** is a standardized treatment protocol, which is customized to the unique goals of each patient including both gross and fine motor skills. **LSVT BIG** can be adapted or progressed in order to meet each patient's needs across a range of disease severity and presenting impairments.

- **LSVT BIG** treatment consists of:
  - 1) 16 sessions: 4 consecutive days a week for 4 weeks
  - 2) Individual 1 hour sessions
  - 3) Daily homework practice
  - 4) Daily carryover exercises
- It is essential that **LSVT BIG** treatment is *only* delivered by physical or occupational therapists who are certified in this method.
- **LSVT BIG** is being delivered by over 10,000 certified LSVT clinicians in 38 countries.

### Select References:

1. Ebersbach, G., Ebersbach, A., Edler, D., Kaufhold, O., Kusch, M., Kupsch, A., & Wissel, J. (2010). Comparing exercise in Parkinson's disease--the Berlin LSVT@BIG study. *Movement Disorders*, 25, 2478.
2. Fox, C., Ebersbach, G., Ramig, L., & Sapir, S. (2012). LSVT LOUD and LSVT BIG: Behavioral treatment programs for speech and body movement in Parkinson disease. *Parkinson's Disease*, 2012, Article ID 391946, 12pgs.
3. Janssens J, Malfroid K, Nyffeler T, Bohlhalter S, Vanbellinghen T. Application of LSVT BIG Intervention to Address Gait, Balance, Bed Mobility, and Dexterity in People With Parkinson Disease: A Case Series. *Phys Ther*. 2014 Feb 20. [Epub ahead of print]

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# LSVT LOUD<sup>®</sup>

## Fact Sheet

**LSVT LOUD** is the first speech treatment with level 1 evidence and established efficacy for treating voice and speech disorders in people with **Parkinson disease (PD)** with application to other neurological disorders.

- The **LSVT** Programs have been developed and scientifically researched over the past 25 years with funding from the **National Institutes of Health**. **LSVT LOUD** outcome data have been published in a series of refereed articles in speech, otolaryngology and neurology journals.
- Research on **LSVT LOUD** has documented improved impact on multiple levels of functioning in people with **PD** following treatment including:
  - *Increased vocal loudness*
  - *Improved articulation and speech intelligibility*
  - *Improved intonation*
  - *Improvements in facial expression*
  - *Changes in neural functioning related to voice and speech*

**LSVT LOUD** is a standardized treatment protocol that is customized to the unique communication goals of each person across a range of disease severity and communication impairments.

- **LSVT LOUD** treatment consists of:
  - 1) 16 sessions: 4 consecutive days a week for 4 weeks
  - 2) Individual 1 hour sessions
  - 3) Daily homework practice
  - 4) Daily carryover exercises
- It is essential that **LSVT LOUD** treatment is *only* delivered by speech-language pathologists who are certified in this method.
- **LSVT LOUD** is being delivered by over 16,000 certified LSVT clinicians in 69 countries.

### Select References:

1. Ramig, L., et al. (2001). Intensive voice treatment (LSVT<sup>®</sup>) for individuals with Parkinson disease: A two-year follow-up. *J. Neurology, Neurosurgery, and Psychiatry*. 71, 493-498.
2. Ramig, L., Sapir, S., Fox, C., & Countryman, S. (2001). Changes in vocal intensity following intensive voice treatment (LSVT<sup>®</sup>) in individuals with Parkinson disease: A comparison with untreated patients and normal age-matched controls. *Movement Disorders*, 16, 79-83.
3. Mahler LA, Ramig LO, Fox C. (2015). Evidence-based treatment of voice and speech disorders in Parkinson disease. *Curr Opin Otolaryngol Head Neck Surg*. 2015 Jun;23(3):209-15. PMID: 2594396615.

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