



Information provided by LSVT Global, Inc

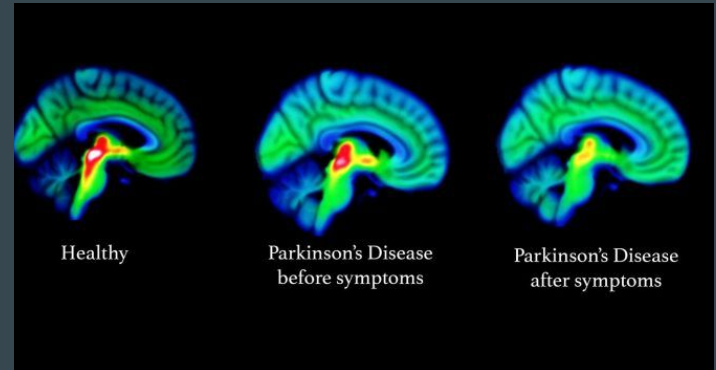
Presented by Innovative Physical Therapy

What is LSVT BIG?

- LSVT: Lee Silverman Voice Treatment
- Focuses primarily on patients with Parkinson's Disease
- Can treat other diagnosis such as atypical Parkinsonism
- Recalibrating the brain to produce normal movement through BIG activity.
- **Treatment includes:**
 - 16, 1 hour sessions
 - x4 days a week
 - x4 weeks
- **Can be modified for level and safety of patient**
ex . supine, sitting

Parkinson's Review

- Decreased dopamine in the brain due to loss of cells in substantia nigra.
- **Leads to hypokinesia, bradykinesia, hypophonia**
And other various motor/non motor symptoms such as tremors, depression, dementia, and sensory abnormalities
- Cannot self correct motor symptoms due to brain's inability to relay proper message



Treatment

- **Protocol includes:**

 - 16, 1 hour session

 - x4 day a week

 - x4 weeks

 - Not an option - have to show up to these appointment.

 - If not, it's not LSVT BIG.

- **Goal is amplitude**

 - Emphasize functional, large movements

 - High energy, effort, and intensity to "override hypokinesia"

 - Provide heavy cueing initially, but progress to self correction

Treatment

- **Treatment includes:**
 - Maximal Daily Exercises
 - Functional Component Tasks
 - Hierarchy Tasks
 - BIG Walking
 - Carryover Summary
 - Homework

Treatment: Maximal Daily Exercises

- These are building block movements
- They set the foundation for higher level activity
- **Exercises includes**
 - Floor to ceiling (8 reps)
 - Side to side (8 reps)
 - Forward step (8 reps)
 - Sideways step (8 reps)
 - Backwards step (8 reps)
 - Forward reach (10 work to 20 reps)
 - Sideways reach (10 work to 20 reps)

Treatment: Videos Part 1



Floor to Ceiling

Side to Side

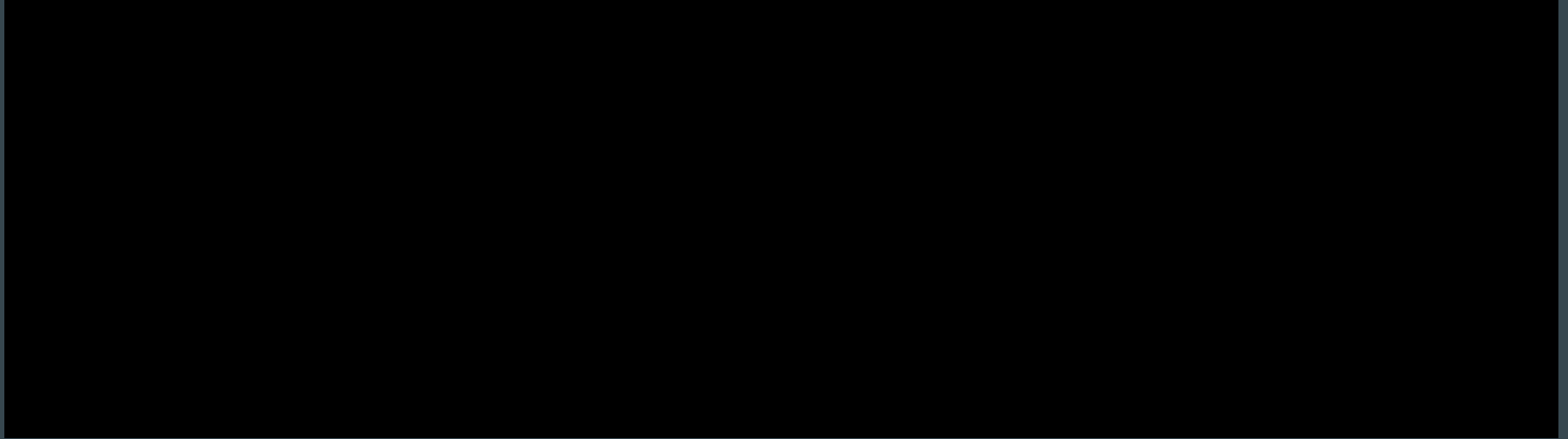
Treatment: Videos Part 2



Step Forward and Reach

Step to the Side and Reach

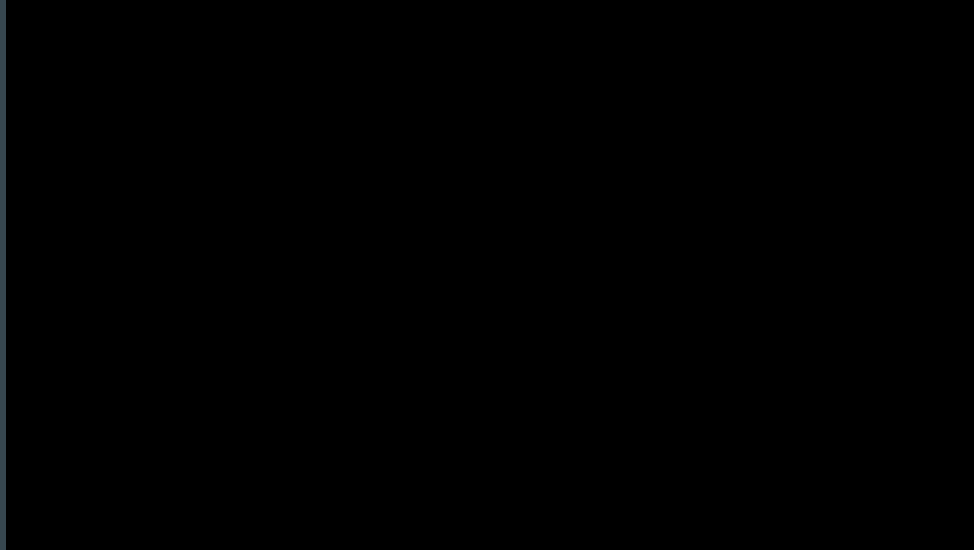
Treatment: Videos Part 3



Step Backwards and Reach

Rock and Reach Forward and Backward

Treatment: Videos Part 4

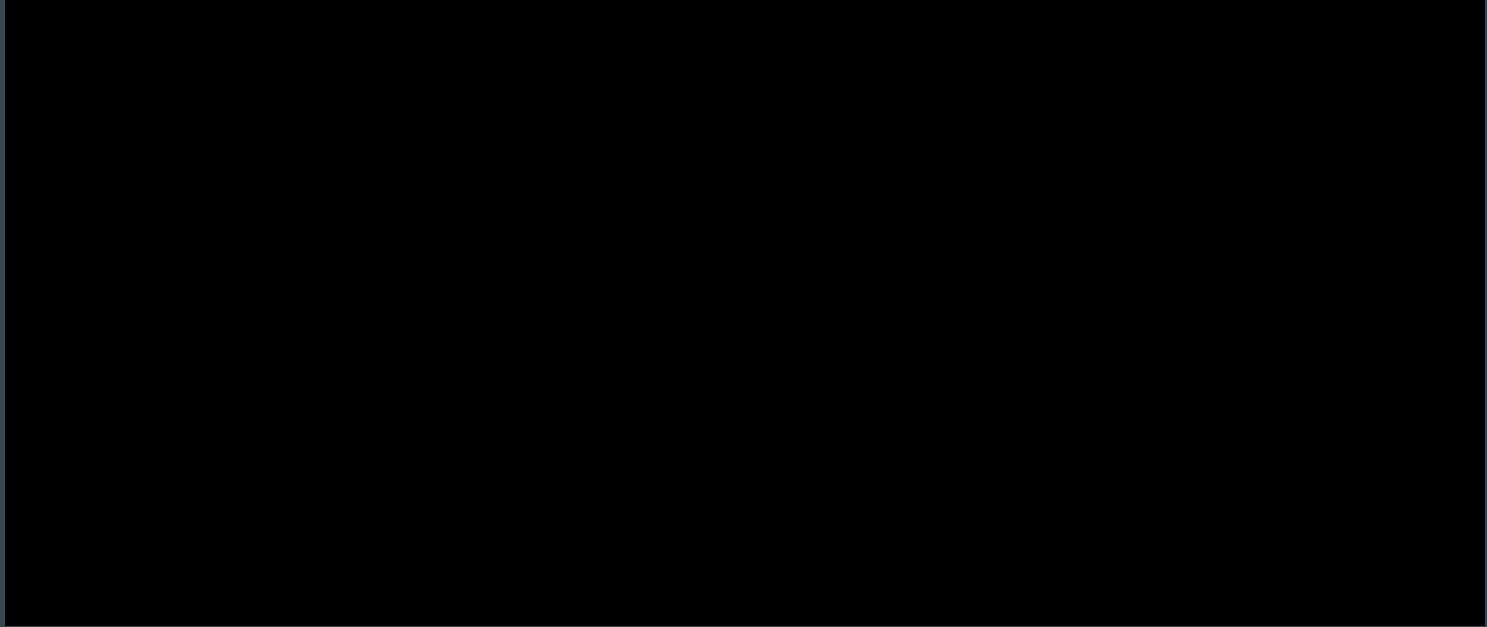


Rock and Reach Side to Side

Treatment: Functional Component Tasks

- These are less complicated and commonly used, everyday activities.
- The focus is incorporating BIG movement into their daily living activities.
- **5 everyday activities** such as dressing, self-care, cooking/eating, household chores, child care, mobility, transfers.
- 1st task is ALWAYS sit to stands
- **4 remaining tasks**
 - Patient specific tasks
Ex: pulling pants up, reaching to toilet paper, placing dish in dishwasher

Treatment: Functional Component Tasks Video



Sit to Stand

Treatment: Hierarchy Tasks

- These are **multi step tasks focusing on** self-care, cooking/eating, writing/typing, child care, carrying objects, household chores, walking/mobility, transfers, occupation, social/recreational
- Can progress and build complexity over time.
- **3 tasks chosen by patient**

Example: BIG going to the bathroom

- steps include BIG walking, BIG removing clothing, BIG sitting, BIG hygiene, BIG standing, BIG applying clothing, BIG walking

Treatment: BIG walking

- This is ambulation but emphasis on BIG arm swing and BIG strides.
- The distance and time is varied depending on goal.
- **Progress every visit with:**
 - Different terrain
 - Cognitive challenges
 - Obstacles
 - External distractions (light, noise, etc.)



Treatment: Carryover Assignment

- The patient is provided an assignment to complete at home.
- This helps create carryover of BIG movement when not in clinic.
- Assignment **MUST** incorporate BIG movement.
- **Choose one to do everyday**
Even days not in clinic (Saturday, Sunday, and weekday not in clinic).

“I’m going to use my BIG effort to open the mailbox today and on Saturday I’m going to use BIG movements get into bed”

Homework

- This gives the patient opportunity to practice and become comfortable with incorporating BIG movement into everyday life.
- **Completes homework:**
 - 15-20 minutes **TWICE** a day on non treatment days
 - 15-20 minutes **ONCE** a day on treatment days
- It includes the patients Maximal Daily Exercises, Functional Component Tasks, BIG walking, and Carryover Task.
- Whichever activities that were completed in clinic, the patient completes at home.

Education to Patients

- Need to commit to 4 days/week for 4 weeks to see maximum benefit from the program.
- After 4 weeks of treatment, follow ups can be scheduled to maintain progress.
- This program can be incorporated into daily life and improve quality of life, independence, and overall health.
- It is a standardized protocol but can be **INDIVIDUALIZED** as needed per patient.

Insurance/Billing

- It is reimbursable!
- Progress is shown BUT proper documentation is necessary.
- Only a certified LSVT BIG clinician can perform treatment.



LSVT LOUD

- An intensive, amplitude based program for the speech component of the motor system
- Follows the same scheduling format
 - 4x/week for 4 weeks
- Best when done in conjunction with the LSVT Big treatment
- **Performed by a certified LSVT Loud speech therapist**
Innovative PT partners with Amy Bland, SLP

Amy Bland, a certified & licensed Speech Language Pathologist (in MD and PA) with over 15 years of comprehensive expertise working with adults and teenagers recovering from neurological impairments and injuries brought on by stroke or concussion. She specializes in voice rehabilitation, and is certified in LSVT LOUD® (a program designed specifically for people with Parkinson's disease).

Randomized Controlled Trials (RCTs)

Two RCTs that support the protocol and success of LSVT BIG.

Comparing exercise in Parkinson's disease - the Berlin BIG Study

Discusses the comparison of BIG exercises, Nordic Walking, and unsupervised exercises at home after 16 weeks.

Patients that completed BIG exercises demonstrated improvements based on scores from UPDRS, Timed Up and Go, and Timed 10m Walking.

Amplitude- oriented exercise in Parkinson's Disease - a randomized study comparing LSVT - BIG and a short training protocol

Evaluates the comparison of a LSVT BIG program and a shortened protocol with like exercises in parkinson's patients.

Motor capabilities were improved in both groups but LSVT BIG demonstrated more success in patient reported benefit.

Supported By the Following

- National Institute of Health: National Institute of Deafness and Communication Disorders
- Office of Education - National Institute for Disability and Rehabilitation Research
- Coleman Institute for Cognitive Disorders
- Hearst Foundation
- Axe - Houghton Foundation
- Family of Lee Silverman
- David Phinney Foundation for Parkinson disease
- Parkinson Alliance

Sources

https://www.genengnews.com/wp-content/uploads/2019/06/203938_web-696x392.jpg

<https://www.lsvtglobal.com/LSVTBig>

<https://www.consumerwatchdog.org/insurance>

**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(12), 1902-1908. <https://doi.org/10.1002/mds.23212>

**Ebersbach, G., Grust, U., Ebersbach, A., Wegner, B., Gandor, F., & Kuhn, A. A. (2015). Amplitude-oriented exercise in Parkinson's disease: A randomized study comparing LSVT-BIG and a short training protocol. *Journal of Neural Transmission*, 122(2), 253-256. <http://dx.doi.org.aurarialibrary.idm.oclc.org/10.1007/s00702-014-1264-5>

How to find LSVT BIG and LOUD Clinicians

Treating clinicians through Innovative Physical Therapy:

- Erin Hicks, DPT
- Kyralee Comeaux, PTA

Treating clinicians through Phoenix Speech Therapy LLC:

- Amy Bland, SLP

Treating Clinicians in based on your location:

- <https://www.lsvtglobal.com/LSVTFindClinicians>

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