



### **What is LSVT BIG?**

LSVT stands for Lee Silverman Voice Treatment. This programme has two sub groups; LOUD and BIG

LSVT BIG is a research based intensive exercise therapy programme designed for people with Parkinson's. LSVT BIG has been successfully developed from principles of the LSVT LOUD speech treatment for Parkinson's. Scientific Research of the LOUD has been occurring over the past 20 years with significant improvement being seen in speech intelligibility and voice loudness for the LOUD programme; these principals of treatment were carried over to the BIG programme and significant improvements in motor functioning and movement quality have been identified.

#### **LSVT BIG IMPROVEMENTS**

- Faster Walking with Bigger Steps
- Improved balance; both static and dynamic
- Increased trunk rotation



#### **WHICH CONTRIBUTE TO**

- Improved safety and energy efficiency
- Prevention of loss of balance and falls
- To prevent/limit functional decline
- Reduce caregiver burden and risk of injury
- Improvement in Quality of life and community involvement
- Prevent likelihood of transfer into assisted living

### **How is LSVT Delivered?**

LSVT BIG is delivered by a specifically trained Physiotherapist and completed over 16 therapy sessions (four sessions a week for four weeks). Participants are encouraged to perform a variety of BIG movement BIG effort specifically designed exercises. The one therapy goal is BIGNESS and this allows patients to easily participate in this intensive exercise programme. The programme is individualised to ensure that personal goals are being reached throughout the programme.

### **Movement problems appropriate for LSVT may include**

- Difficulty starting a movement, such as walking or getting out of a chair
- Difficulty with continuing to move
- Slowed movement
- Loss of small or fine hand movements; writing may become small or difficult to read
- Losing balance easily

Traditional Physiotherapy for Parkinson's aims to improve flexibility, strength or balance to help maintain function with tasks such as bed mobility, standing up from a chair and walking indoors and outdoors. This traditional approach generally addresses issues as they present and provides compensatory and preventative training. The lack of intensity during this approach limits the ability of the brain to change and show improvements outside the therapy room. LSVT BIG focuses on one simple goal, to think BIG; this one goal and the intensity of the programme is the key to success and carryover of learnt changes into everyday tasks.

Graduates of the programme are supported through provision of a high intensity weekly exercise group reinforcing the principles of LSVT !!

There are also scheduled booster sessions post-graduation of the programme as required by the individual.

Recommended package is 18 sessions which allows for the initial assessment, gathering of individual measures and areas to address the 16 LVT session and a follow up session for reassessment of the measures to establish effect and set ongoing personal rehabilitation goals and exercise prescription.

#### **Video Links on LSVT BIG**

[http://www.youtube.com/watch?v=cV8FjbC\\_MMw&feature=relatedg](http://www.youtube.com/watch?v=cV8FjbC_MMw&feature=relatedg)

<http://www.youtube.com/watch?v=1oxOH3rNNDg>

At this stage, this is the only physical treatment available to people with Parkinson's that can dramatically improve their quality of life. Please feel free to contact us if you require any further information or research about this specialised programme, we would be happy to help.

The BIG Team

Julie Rope, Tara Martin, Jane Fairbairn, Kevin Chiang  
NZRP and LSVT BIG practitioners  
Neurological Physiotherapists  
The Duncan Foundation

[www.duncanfoundation.org](http://www.duncanfoundation.org)