

LSVT BIG[®]

Fact Sheet

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

- 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.
- Over 22,000 therapists from 43 countries have been certified in **LSVT BIG**.

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. Isaacson, S., O'Brien, A., Lazaro, J.D., Ray, A., Fluet, F. (2018). The JFK BIG study: the impact of LSVT BIG[®] on dual task walking and mobility in persons with Parkinson's disease. *The Journal of Physical Therapy Science*, 30: 636-641.

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LSVT LOUD[®]

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.
- Over 24,000 speech therapists from 70 countries have been certified in **LSVT LOUD**.

Select References:

1. Ramig, L. O., Halpern, A., Spielman, J., Fox, C., & Freeman, K. (2018). Speech treatment in Parkinson's Disease: Randomized Controlled Trial (RCT). *Movement Disorders*, 1-15. <https://doi.org/10.1002/mds.27460>
2. Ramig, L., et al. (2001). Intensive voice treatment (LSVT[®]) for individuals with Parkinson disease: A two-year follow-up. *J. Neurology, Neurosurgery, and Psychiatry*. 71, 493-498.
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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