

LSVT BIG[®] and LSVT LOUD[®]

AN EVIDENCED BASED REHABILITATION PROGRAM FOR PEOPLE WITH PARKINSON'S DISEASE

Goshen Rehabilitation offers two evidence-based treatment programs for Parkinson's Disease called LSVT Big[®] and LSVT Loud[®]. This program was created to train individuals with Parkinson's Disease (PD) to use bigger movements anywhere, anytime in their daily lives to help empower them to stay moving and active as well as improve vocal loudness, inflection and voice quality for enhanced communication. It has been extensively studied over the past 25 years and proven to improve the functionality of patients with PD in both communication and physical movement (LSVT Global, INC[®]).

The main focus of this program is to target individuals early in their diagnosis; however, you can be evaluated at any stage. If LSVT is not a good fit for you, a more traditional approach to therapy may be taken.

- **LSVT BIG[®] Physical Therapy program includes:**

- Comprehensive physical therapy evaluation

- 16 treatment sessions: 4 consecutive days/week x 4 weeks

- Home exercise programming

- **LSVT LOUD[®] Speech Therapy program includes:**

- Comprehensive voice evaluation

- 16 treatment sessions: 4 consecutive days/week x 4 weeks

- Home exercise programming



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