

# LSVT BIG<sup>®</sup>

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

### Select References:

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2. Fox, C., Ebersbach, G., Ramig, L., & Sapiro, 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<sup>®</sup> 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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