



Parkinson's disease is a disorder that affects certain nerve cells in the brain. The disease can impact an individual's mobility because it causes tremors, muscles stiffness, slowed movement and loss of automatic movement. It also can hinder individuals' abilities to speak – their voice may get softer, sound hoarse or monotone, their speech may be slurred and they can have trouble finding the right words; all of this can make it difficult for others to hear them.

The Lee Silverman Voice Treatment, or LSVT, therapies are intense treatment protocols offered by The Rehabilitation Center of Penn Highlands Healthcare to help slow the decline of motor and speech skills and improve the quality of life in patients with Parkinson's disease.



**Penn
Highlands
Healthcare**

The Rehabilitation Center of Penn Highlands Healthcare

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LSVT LOUD and BIG Programs

Penn Highlands Healthcare



Outpatient Therapy Services

*For patients with Parkinson's Disease
and other neurological conditions*



**Penn
Highlands
Healthcare**

LSVT LOUD and BIG Programs

LSVT LOUD

Offered at:

Penn Highlands Clearfield: 814-768-2285

Penn Highlands Elk: 814-788-8490

LSVT LOUD is completed by a trained speech therapist and is an effective treatment for individuals with Parkinson's and other neurological conditions. This program improves the common problems of disordered articulation, diminished facial expression and impaired swallowing.

LSVT LOUD improves vocal loudness by stimulating the muscles of the voice box and speech mechanism through a systematic hierarchy of exercises that focus on one goal: speaking LOUD. The treatment improves respiratory, laryngeal and articulatory function to maximize speech intelligibility. Patients are not trained to yell or shout, but rather to bring the voice to an improved, healthy vocal loudness without strain and with better clarity.

While LSVT LOUD can be successful with individuals in all stages of Parkinson's, the treatment is most effective for those who are in early to middle stages of the condition. LSVT LOUD has also been applied to individuals

with sub-types of Parkinson's, including Shy-Drager syndrome, multi-system atrophy and progressive supranuclear palsy. LSVT LOUD also has been used with certain individuals with cerebrovascular accident, multiple sclerosis, Down syndrome, and cerebral palsy with positive outcomes.

LSVT BIG

Offered at:

Penn Highlands Clearfield: 814-768-2285

LSVT BIG is completed by trained physical and occupational therapists and is designed to treat both the hypokinesia, or reduced amplitude of movement, and the bradykinesia, or slowness of movement, in individuals diagnosed with Parkinson's. The goal is to help individuals return to a more productive life and reduce his/her risk of falls.

LSVT BIG training increases the amplitude of limb and body movement in people with Parkinson's. This "bigness" then improves speed or the upper/lower limbs, balance and quality of life. In addition, individuals are able to maintain these improvements when challenged with a dual task.

LSVT BIG was developed specifically to address the unique movement impairments for people with Parkinson's and other similar conditions as noted with LSVT LOUD. The protocol is both intensive and complex, which is necessary to optimize learning and carryover into everyday activities. Physicians rarely refer patients to

therapy at diagnosis because medications are very effective early on at alleviating most of the symptoms, and patients experience little change in function. However, it is at this time that patients are most receptive to lifestyle changes. Referrals to LSVT BIG are best initiated at diagnosis – early to middle stages – when it may have the most impact on quality of life.

REFERRALS

Patients may be referred to speech therapy for LSVT LOUD and physical therapy/occupational therapy for LSVT BIG. The programs may be completed individually or together. Each program is normally administered in 16 sessions over a single month (four individual 60-minute sessions per week for four weeks) with additional visits with less intensity as needed. At discharge from the program, patients should be able to properly follow through with the protocol at home to maximize longer term benefits for a better quality of life.

For more information, contact The Rehabilitation Center at Penn Highlands Clearfield, which offers LSVT BIG and LOUD, at 814-768-2285 or The Rehabilitation Center at Penn Highlands Elk, which offers LSVT LOUD, at 814-788-8490.
