According to the American Parkinson's Disease Association, Parkinson's disease currently affects more than 1 million people in the United States alone. Individuals with Parkinson's disease will oftentimes demonstrate symptoms of hypokinesia (small movement), bradykinesia (slow movement), rigidity (stiffness) and tremors, which often result in a loss of functional movement. Treatment of Parkinson's disease can include pharmacological management, deep brain stimulation, and physical, occupational and speech therapy.

What is LSVT BIG™?

LSVT BIG™ was derived from its sister speech component, LSVT LOUD™ (also available at Edwin Shaw) using the well-proven concepts of high-intensity, high-amplitude, repetitive practice to increase motor learning. LSVT BIG™ has been researched extensively with results revealing clinically significant improvements in motor control, gait quality, balance and trunk rotation. Research shows that participants who undergo LSVT BIG™ have more improvements with longer lasting results in the areas previously listed than alternative therapies including traditional physical therapy, a walking program and a home exercise program.
Who is a candidate?
LSVT BIG™ has been researched and is shown to benefit patients with Parkinson’s disease. Additionally, a person who suffers from a different degenerative or chronic neurological condition may benefit from LSVT BIG™. Participants should obtain a written referral from their doctor.

Who will lead the program?
LSVT BIG™ is carried out by Physical or Occupational Therapists who have been trained and certified in the LSVT BIG™ protocol.

Components of LSVT BIG™
- Clinician modeling high-amplitude, high-intensity exercise to increase motor output in the patient
- Repetitive practice to increase motor learning
- Simple cuing with focus on one concept "Move BIG"
- Daily carryover assignments and daily homework
- Focus on recalibrating the participant to move with increased amplitude and intensity for a normalized motor output

How often does LSVT BIG™ occur?
LSVT BIG™ meets for one-hour sessions, four times per week for one month to increase carryover and learning.

Visit LSVTglobal.com for additional information including research and patient videos.