



## Public Webinar Series

Title: **The Science and Practice of LSVT BIG®**

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### Disclaimer:

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## What about Fine Motor Tasks?

- Even small movements are TOO SMALL in people with PD!
  - Examples: writing, buttoning, teeth brushing, stirring

## OVERVIEW – PROTOCOL

- 4 consecutive days a week for 4 weeks
- 16 sessions in 1 month
- 60 minute sessions

1) Walking Duration	1) Walking Duration
2) Balance	2) Balance
3) Fear of falling 3/15/2010	3) Fear of Falling
4) Getting out of seat chairs	4) Getting Out of Seat Chair
5) Putting pants on shoes on and off	5) Putting Pants On Shoes on and off
6) Standing for long periods	6) Standing For Long Periods
7) standing in shower	7) Standing In Shower
8) handwriting clarity	8) Handwriting Clarity
9) preparing meals on my own.	9) Preparing Meals on my own
10)	10)

Generalized Amplitude: Uncued writing post-treatment and untrained during therapy

## LSVT BIG Treatment Session

### Maximal Daily Exercises

1. Floor to Ceiling – 8 reps
2. Side to Side – 8 each side
3. Forward step – 8 each side
4. Sideways step – 8 each side
5. Backward step – 8 each side
6. Forward Rock and Reach – 10 each side (working up to 20)
7. Sideways Rock and Reach – 10 each side (working up to 20)

### Functional Component Tasks

5 EVERYDAY TASKS– 5 reps each

#### For example:

- Sit-to-Stand
- Pulling keys out of pocket
- Opening cell phone (flip phone)

### Hierarchy Tasks

Patient identified tasks:

- Getting out of bed
- Playing golf

In and out of a car

Build complexity across 4 weeks of treatment towards long-term goal

### Walking BIG

Distance/time may vary

## LSVT BIG: Treatment Protocol

## Maximum Sustained Movements



Floor to Ceiling



Side to Side

**Maximum Sustained Movements**



Floor to Ceiling

**Multidirectional Repetitive Movements  
Step and Reach**



Forward Step

**Maximum Sustained Movements**



Side to Side

**Multidirectional Repetitive Movements  
Step and Reach**



Sideways Step

**Multidirectional Repetitive Movements  
Step and Reach**



Forward Step



Sideways Step



Backward Step

**Multidirectional Repetitive Movements  
Step and Reach**



Backward Step



**Multidirectional Repetitive Movements**  
Rock and Reach



Forward/Backward Rock and Reach



Sideways Rock and Reach

**Functional Component TASKS**

**Functional Components – Patient DRIVEN!**

- Rolling
- Floor to Stand
- Getting in or out of bed
- Sit to stand
- Sit & reach
- Stand & reach
- Walk & reach
- Walk & turn
- Stand & turn



Sit to stand BIG

**Multidirectional Repetitive Movements**  
Rock and Reach



Forward/Backward Rock and Reach

**Hierarchy Task Examples**

**“Real-World” BIG Tasks – Patient DRIVEN!**

- |               |                                     |
|---------------|-------------------------------------|
| In/Out of Car | Getting in/out of bed               |
| Walk and Talk | Laundry                             |
| ADL's         | Going out to church/restaurant      |
| Writing       | Playing with children/grandchildren |
| Tennis        | Shopping                            |
| Chores        | Transportation: train/bus/car       |
| Golf          | Getting the mail                    |
| Hiking        | Cleaning the house                  |
| Gardening     |                                     |

**Multidirectional Repetitive Movements**  
Rock and Reach



Sideways Rock and Reach

**LSVT BIG TREATMENT GOAL**

People with Parkinson disease will use their bigger movements “automatically” in everyday living – and there will be long-term carryover of increased amplitude use!

## Summary

- Advances in neuroscience have provided neurobiological and behavioral evidence supporting the positive impact of exercise-based protocols in people with PD
- There is a rapidly growing literature in physical therapy/exercise protocols in humans with PD
- LSVT Programs have been developed and studied over the past 20 years
- LSVT BIG is one type of physical therapy program that has potential to offer improvements in movement and quality of life for people with PD

## Further Information and Resources

- Webinars - Clinician and PD Community
- LSVT Clinician Directory
- FAQs
- LSVT BIG and LSVT LOUD Homework Helper DVDs
- Future Development: LOUD for LIFE® and BIG for LIFE®

## How to get started with LSVT BIG and LSVT LOUD

- Ask your doctor for a referral and a prescription for a speech or physical/occupational therapy **evaluation and treatment**
- Visit [www.lsvtglobal.com](http://www.lsvtglobal.com) to find an LSVT LOUD or LSVT BIG Certified Clinician in your area (as per video demonstration)
- DVDs available to introduce you to movement exercises used in LSVT BIG and voice exercises used in LSVT LOUD: [www.lsvtglobal.com/products](http://www.lsvtglobal.com/products) or [www.amazon.com/shops/LSVTGlobal](http://www.amazon.com/shops/LSVTGlobal)

Thank you!

Questions???



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*“It is possible to take charge of your life, even with Parkinson’s.*

*It is possible for your will to override your brain.*

*It is possible to have Power Over Parkinson’s”*

*~Sharon Kha  
LSVT BIG and LSVT LOUD Graduate*