



LSVT Global® Virtual SLP Mini-Conference

**Title: Beyond Parkinson's: Use of Evidence-based LSVT
LOUD for Other Movement Disorders, Aging and
Children**

**Presenters: Cynthia Fox, PhD, CCC-SLP
Angela Halpern, MS, CCC-SLP**

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LSVT Global's Virtual SLP Mini-Conference
 Beyond Parkinson's: Use of Evidence-based LSVT LOUD for Other Movement Disorders, Aging and Children




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Logistics

- ✓ Handouts are available in control bar
- ✓ Microphones are all muted
- ✓ You can type in questions at any time, we will answer at the end

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Polling Question: Who is joining us today?

- LSVT LOUD certified professional or student
- SLP professional not LSVT LOUD certified
- SLP student not LSVT LOUD certified
- Other



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Beyond Parkinson Disease: Use of Evidence-based LSVT LOUD for Other Movement Disorders, Aging and Children



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Presenters and Biographies



Cynthia Fox, PhD, CCC-SLP is a Co-Founder and CEO of LSVT Global. She is an expert on rehabilitation and neuroplasticity and the role of exercise in the improvement of function consequent to neural injury and disease. Dr. Fox is a world leader in administration of LSVT LOUD speech treatment for people with Parkinson disease. She was the first to apply this treatment to disorders other than Parkinson disease (e.g., multiple sclerosis) and pioneered the application to pediatric populations including children with cerebral palsy and Down syndrome. Dr. Fox worked closely on the development of a physical/occupational therapy program, LSVT BIG, that was modeled after the speech treatment protocol.



Angela Halpern, MS, CCC-SLP is Chief Clinical Officer of LSVT LOUD and a research associate with Dr. Ramig's research team at the National Center for Voice and Speech in Denver, CO. She received her master's degree in the Department of Communication Science and Disorders at the University of Pittsburgh and has been LSVT LOUD Certified since 1997. Ms. Halpern has worked extensively in the area of neurogenic disorders with a specialty in Parkinson disease. She has presented at national and international conferences and authored and co-authored publications related to voice and speech in Parkinson disease.


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Disclosures

- Ms. Halpern and Dr. Fox have both financial and non-financial relationships with LSVT Global.
- Non-financial relationships include a preference for LSVT LOUD as a treatment technique.
- Dr. Fox is an employee of LSVT Global, receives lecture honorarium and has ownership interest.
- Ms. Halpern is an employee of LSVT Global, receives lecture honorarium and travel reimbursement.

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Learning Objectives




Upon conclusion of this presentation, attendees will be able to:

- Explain the rationale for using LSVT LOUD in conditions beyond Parkinson disease.
- Describe six non-PD diagnoses in adults and children where LSVT LOUD has been used.
- Discuss the outcomes of effectiveness, as self-rated by treating therapists, of LSVT LOUD in non-PD conditions and challenges associated with applying this treatment beyond PD.

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Treatments for People With Dysarthria Secondary to a Neurological Diagnosis are Needed

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Negative Impact of Dysarthria on Communication

- Decreased intelligibility
- Decreased naturalness
- Encounter negative attitudes or discrimination
- Diminished engagement in communication
- Complex – challenging to treat

Dickson, S., Barbour, R.S., Brady, M., Clark, A.M. & Paton, G. (2008) International Journal of Language and Communication Disorders, 2, 135-153.
Walshe, M, Peach, R.K., & Miller, N. (2009). Dysarthria impact profile: development of a scale to measure psychosocial effects. International Journal of Communication Disorders, 44, 693-715.

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Treatment Options

- Restore or improve function
- Promote the use of residual function (compensatory strategies)
- Maximize the communication environment
- Incorporate augmentative communication devices

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Efficacy of LSVT LOUD

30+ year LSVT LOUD journey from invention to scale-up

The **ONLY** speech treatment for PD with this level of evidence

Phase I, II Invention	1987-89: Initial invention; Pilot data Lee Silverman Center 1989-91: Treatment development OE-NIDRR
Phase III Research	1991-94: Treatment follow-up OE-NIDRR 1990-95: Treatment Efficacy NIH R01 RCT 1995-00: Underlying Mechanism NIH R01 RCT 2002-07: Distributed effects NIH R01 2007-12: Target/Mode NIH R01 RCT
Phase IV, V Clinical Implementation	2001-02: LSVT Companion Coleman Institute 2002-04: LSVT Companion NIH & MJ FOX Foundation NIH R21 2002-04: LSVT Virtual Therapist Coleman Institute 2004-06: LSVT Virtual Therapist NIH R21 2004: LSVT Down Syndrome Coleman Institute 2006: Technology Enhanced Clinician Training NIH SBIR 2009: Telehealth Delivery of Software Enhanced LSVT NIH SBIR 2010: Independent Delivery of Software Enhanced LSVT NIH SBIR 1993-present: Global LSVT LOUD Training & Certification Courses

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Beyond Efficacy (3 RCTs) – numerous studies (over 30) examining distributed effects, neural correlates, mechanism of change

Neural Imaging: Liotti, et al., 2003; Narayana, et al., 2010; Baumann et al., 2018

Swallowing: El-Sharkawi, et al. 2002; Miles et al., 2017

Adduction: Smith, et al., 1995

Aerodynamics: Ramig & Dromey, 1996; Baker, 1998; Luschei, 1999

Facial expression: Spielman, et al., 2003; Dumer et al., 2014

Articulation/Intelligibility: Dromey, 1995; Cannito et al., 2012

Articulatory acoustics: Sapor, et al., 2007; 2010

Intonation (STSD): Ramig et al., 1995; 1996; 2001

Speech Motor Stability: Smith, A., 2001

Voice Quality: Baumgartner, et al., 2001

Perceptual: Taskoff, 2001

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Why LSVT LOUD?

- Established Treatment Approach → LSVT LOUD (25+ years research)
- Applied to a different population → Phase 4 research

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Why LSVT LOUD?

- LSVT LOUD focuses on restoring residual function
- LSVT LOUD may help facilitate speech motor control in the case of developmental diagnoses

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LSVT LOUD incorporates multiple principles that drive neuroplasticity

- Intensity matters**: Intensive practice is important for maximal plasticity
- Complexity matters**: Complex movements or environmental enrichment have been shown to promote greater structural plasticity
- Repetition Matters**: Induction of plasticity requires sufficient repetition
- Salience matters**: Practicing rewarding tasks (success/emotionally salient) activates basal ganglia circuitry
- Timing matters**: Injury creates fertile field for plasticity - need behavior to make it happen.
- Specificity matters**: Train the deficits (target hypokinesia in PD)

(Alexander et al., 1990; Fox et al., 2002; Graybiel 1998; Klem et al., 2003; Klem and Jones, 2005; Jones et al. 1999; Saint-Cyr JA, 2003; Tillerson et al., 2002; Vergara-Aragón et al., 2003; Black et al. 1990; Conroy 1995; Fisher et al., 2004; Klem et al., 2001; 1996; Perez et al. 2004; Pisani et al., 2005; Plautz et al., 2000)

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Plasticity Principles Also Apply to Pediatrics

Plasticity occurs when treatments incorporate:

- Intensive task repetitions
- Progressive challenges to the learner with increasing difficulty
- Presence of motivators and rewards (internally driven)
- Active participation
- Skill acquisition of a functional goal
- Practice must be structured



Shertz & Gordon, 2008

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LSVT LOUD Key Concepts

TARGET: Voice – healthy vocal loudness

MODE: Intensive and High Effort

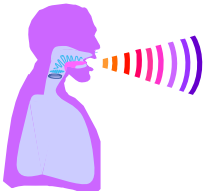
CALIBRATION: Addresses barriers to generalization outside of treatment room

These **Key Concepts** of LSVT LOUD are applicable for a range of neurological disorders and a variety of dysarthria types

Ramig, Bonitati, et al., 1991; Ramig, 1992; Dromey, Ramig, Johnson, 1994; Sapir et al., 2003; 2007; Fox et al., 2002; Fox et al., 2006

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Voice as a



Source:

- Carrier in signal transmission
- Targets healthy, WNL vocal loudness
- Voice as a point of entry to establish foundation in pediatrics

Trigger:

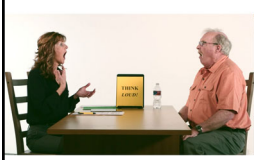
- Enhance effort and coordination across motor speech system
- LOUDNESS is a global variable

Schulman, 1989; Dromey, Ramig & Johnson, 1995; Sapir et al., 2008; Watson & Hughes, 2006

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SLP shapes and models normal **LOUDNESS** with healthy vocal quality, which can also impact...

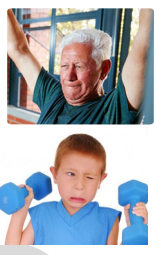
- Deep breath
- Open mouth
- Intonation
- Improved articulation
- Reduced rate
- Naturalness
- And more!



Mahler et al., 2015; Huber et al., 2003; Spielman et al., 2003; El Sharkawi et al., 2002; Sapir et al., 2003; Sapir et al., 2007

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Mode of delivery: Intensive and High Effort




- Important for both healthy and disordered motor systems
- Key to effecting behavioral changes that last over time
- Applicable for adults and children

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LSVT LOUD Treatment

- Treatment is delivered 4 consecutive days a week for 4 weeks
- Individual 1 hour sessions by LSVT Certified Therapists found in all practice settings
- Daily homework practice (all 30 days of the month)
- Daily carryover exercises (all 30 days of the month)



LIFE LONG HABIT OF PRACTICE IS ESTABLISHED!

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Calibration In Treatment

Parkinson's Disease	Other Neural Conditions
<ul style="list-style-type: none"> Sensory mismatch Problem with internal cueing Subtle neuropsychological changes <ul style="list-style-type: none"> Slower thinking Slower learning Problems shifting cognitive set 	<ul style="list-style-type: none"> Sensory disorders Vocal effort required for improved speech Social stigma Cognitive challenges <ul style="list-style-type: none"> Language deficits Abstract reasoning Delayed expressive/receptive language

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Link to Function and Task Specific Practice Personalized for Each Patient is VITAL for Generalization

- Incorporate tasks that are meaningful and salient to person – enhances motivation
- Link program to functional goals
- Hobbies and passions should be incorporated and used to achieve self-realization and improved communication




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THE REAL-WORLD CLINICAL USE OF LSVT LOUD IN NON-PARKINSON'S CONDITIONS



- 13 question online survey sent to LSVT LOUD speech therapists in 6 English speaking countries
- 248 speech therapists representing all six countries responded
- Respondents:
 - 95% professionals
 - 5% students

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- 94% of respondents reported providing LSVT LOUD to clients with PD
- Beyond PD, 75% of therapists reported using this treatment with adults with non-PD diagnoses
- 15% of the therapists reported using LSVT LOUD with children

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Survey Results from LSVT LOUD Clinicians

LSVT LOUD Speech Therapy		
Movement Disorders	Usage	Effectiveness*
Progressive Supranuclear Palsy	30%	75%
Multi-system Atrophy	24%	79%
Lewy Body Dementia	19%	81%
Ataxia	14%	88%

*Combined ratings of Very Effective and Somewhat Effective

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Published Research

(case studies, single-subject designs and small group designs)

Sale, P., Castiglioni, D., De Pandis, M. F., Torti, M., Dall'armi, V., Radicati, F. G., & Stocchi, F. (2015). The Lee Silverman Voice Treatment (LSVT®) speech therapy in **progressive supranuclear palsy**. *European Journal of Physical and Rehabilitation Medicine*, 51(5), 569-74. PMID: 26138088

Countryman, S., Ramig, L., & Pawlas, A. (1994). Speech and voice deficits in **Parkinsonian plus syndromes**: Can they be treated? *Journal of Medical Speech-Language Pathology*, 2(3), 211-225.

Lowit, A., Egan, A. & Hadjivassiliou, M. (2020) Feasibility and Acceptability of Lee Silverman Voice Treatment in **Progressive Ataxias**. *Cerebellum*. <https://doi.org/10.1007/s12311-020-01153-3>



Sapir, S., Spielman, J., Ramig, L., Hinds, S., Countryman, S., Fox, C., & Story, B. (2003). Effects of intensive voice treatment (the Lee Silverman Voice Treatment [LSVT]) on **ataxic dysarthria**: A case study. *American Journal of Speech-Language Pathology*, 12(4), 387-399. [https://doi.org/10.1044/1058-0360\(2003/085\)](https://doi.org/10.1044/1058-0360(2003/085))

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Speech characteristics of PSP vs. MSA

(Rusz et al., 2015)

<p>PSP</p> <ul style="list-style-type: none"> • Increased dysfluency • Decreased, slow rate • Inappropriate silences • Deficits in vowel articulation • Harsh voice quality 	<p>MSA</p> <ul style="list-style-type: none"> • Pitch fluctuations • Excess intensity variations • Prolonged phonemes • Vocal tremor • Strain-strangled voice quality
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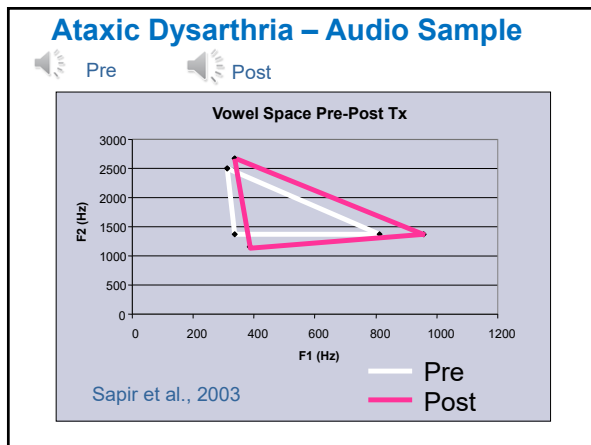
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Advanced PD/MSA Audio Sample



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Survey Results from LSVT LOUD Clinicians

LSVT LOUD Speech Therapy		
Other Disorders	Usage	Effectiveness*
Stroke	34%	96%
Multiple Sclerosis	19%	89%
Vocal Fold Paralysis	20%	92%
Aging voice	17%	91%

*Combined ratings of Very Effective and Somewhat Effective

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Published Research

(case studies, single-subject designs and small group designs)

Mahler, L., & Ramig, L. O. (2012). Intensive treatment of dysarthria **secondary to stroke**. *Clinical Linguistics and Phonetics*, 26(8), 681-694. <https://doi.org/10.3109/02699206.2012.696173>

Wenke, R. J., Theodoros, D., & Cornwell, P. (2008). The short- and long-term effectiveness of the LSVT for dysarthria following TBI and **stroke**. *Brain Injury*, 22(4), 339-352. <https://doi.org/10.1080/02699050801960987>

Mahler, L., Ramig, L., & Fox, C. (2009). Intensive voice treatment (LSVT LOUD) for dysarthria **secondary to stroke**. *Journal of Medical Speech-Language Pathology*, 17(4), 165-182.

Sapir, S., Pawlas, A., Ramig, L., Seeley, E., Fox, C., & Corboy, J. (2001). Effects of intensive phonatory-respiratory treatment (LSVT®) on voice in individuals with **multiple sclerosis**. *Journal of Medical Speech-Language Pathology*, 9(2), 35-45.

Lu, F. L., Presley, S., & Lammers, B. (2013). Efficacy of intensive phonatory-respiratory treatment (LSVT) for **presbyphonia**: Two case reports. *Journal of Voice*, 27(6), 11-23. <https://doi.org/10.1016/j.jvoice.2013.06.006>

Ramig, L., Gray, S., Baker, K., Corbin-Lewis, K., Buder, E., Luschei, E., Coon, H., & Smith, M. (2001). **The aging voice**: A review, treatment data and familial and genetic perspectives. *Folia Phoniatrica et Logopaedica*, 53(5), 252-265. <https://doi.org/10.1159/000052680>


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Stroke Audio Sample

Pre

Post




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Aging Voice Audio Sample

Pre

Post

The graphic features a blue microphone icon inside a white circle on a blue background. To the right, there are two speaker icons labeled 'Pre' and 'Post', with a dashed line indicating a transition between them.

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Survey Results from LSVT LOUD Clinicians

LSVT LOUD Speech Therapy		
Children	Usage	Effectiveness*
Cerebral Palsy	7%	100%
Down Syndrome	5%	100%
Vocal fold Paresis/Paralysis	2%	80%
Developmental Disorders	2%	50%

*Combined ratings of Very Effective and Somewhat Effective

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Published Research

(case studies, single-subject designs and small group designs)

- Langlois, C., Tucker, B. V., Sawatzky, A. N., Reed, A., & Bolek, C. A. (2020). Effects of an intensive voice treatment on articulatory function and speech intelligibility in children with motor speech disorders: A phase one study. *Journal of communication disorders*, 96, 106003. <https://doi.org/10.1016/j.jcomdis.2020.106003>
- Reed, A., Cummine, J., Bakhtiar, R., Fox, C.M., Bolek, C. (2017). Changes in white matter integrity following intensive voice treatment (LSVT LOUD®) in children with cerebral palsy and motor speech disorders. *Developmental Neuroscience*, Jul 28, doi: 10.1159/000478724. [Epub ahead of print]
- Bakhtiar, R., Cummine, J., Reed, A., Fox, C.M., Chouinard, B., Cribben, I., Bolek, C.A. (2017) Changes in brain activity following intensive voice treatment in children with cerebral palsy. *Human Brain Mapping*, 38(9): 4413-4429. doi: 10.1002/hbm.23669.
- Bolek, C.A. & Fox, C.M. (2016). Therapeutic Effects of Intensive Voice Treatment (LSVT LOUD®) for Children with Spastic Cerebral Palsy and Dysarthria: A Phase I Treatment Validation Study. *International Journal of Speech-Language Pathology*, Oct 5:1-15. DOI:10.1080/17549507.2016.1221451
- Bolek, C.A. & Fox, C.M. (2014). Individual and environmental contributions to treatment outcomes following a neuroplasticity-principled speech treatment (LSVT LOUD) in children with dysarthria secondary to cerebral palsy: a case study review. *International Journal of Speech-Language Pathology*, 16(4): 372-385.
- Bolek, C.A., Fox, C.M., Norton, J., Gan, L., Archibald, E., Knuttli, E., Rosborough, C., & L'Abbe, A. (2009). Changes in trunk muscle activation and respiratory kinematics during speech following intensive voice treatment (LSVT LOUD) for children with spastic cerebral palsy. *Movement Disorders*, 24, S450.
- Fox, C.M., & Bolek, C.A. (2012). Intensive voice treatment (LSVT LOUD) for children with spastic cerebral palsy and dysarthria. *Journal of Speech Language Hearing Research*, 55, 930-945.
- Fox, C.M., Bolek, C.A. (2015). Technology-enhanced maintenance practice following intensive voice therapy (LSVT LOUD) in children with cerebral palsy and dysarthria. *Movement Disorders*, Vol. 30, Suppl 1, p. S205.
- Fox, C.M., Bolek, C.A., Namdaran, N., Nickerson, C., Gardner, B., Piccott, C., Hstad, J., & Archibald, T. (2008). Intensive voice treatment (LSVT) for children with spastic cerebral palsy. *Movement Disorders*, 23, S378.
- Fox, C.M., Bolek, C.A., & Ramig, L. (2005). The impact of intensive voice treatment (LSVT) on speech intelligibility in children with spastic cerebral palsy. *Movement Disorders*, 20(10), S148.
- Levy, E.S. (2014). Implementing two treatment approaches to childhood dysarthria. *International Journal of Speech-Language Pathology*, 16(4):344-54.
- Levy, E. S., Ramig, L. O., & Camarata, S. M. (2013). The effects of two speech interventions on speech function in pediatric dysarthria. *Journal of Medical Speech-Language Pathology*, 20(4), 82-27.

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Pre-LSVT LOUD "I don't know"

Cerebral palsy Male; 3 years, 11 mos.

The image shows a waveform and spectrogram for the phrase "I don't know" spoken by a 3-year-old child with cerebral palsy before LSVT LOUD treatment. The spectrogram shows very faint and disorganized formants, indicating low speech intelligibility.

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Post-LSVT LOUD "I don't know"

Cerebral palsy Male; 3 years, 11 mos.

The image shows a waveform and spectrogram for the same child after LSVT LOUD treatment. The spectrogram shows much clearer and more organized formants, indicating significantly improved speech intelligibility.

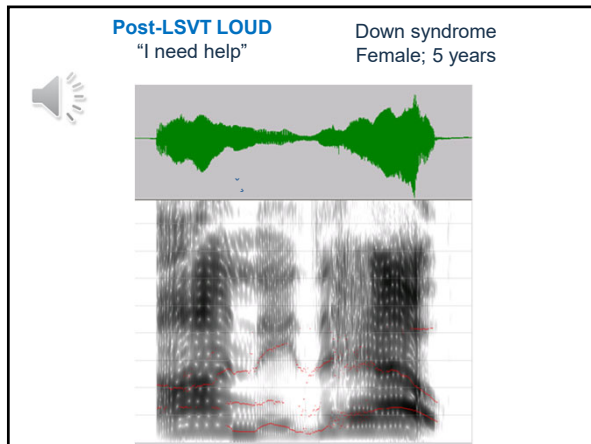
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Pre-LSVT LOUD "I need help."

Down syndrome Female; 5 years

The image shows a waveform and spectrogram for a 5-year-old child with Down syndrome before LSVT LOUD treatment. The spectrogram shows very faint and disorganized formants, indicating low speech intelligibility.

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Survey Results from LSVT LOUD Clinicians

CHALLENGES ASSOCIATED WITH APPLYING LSVT LOUD TREATMENT BEYOND PARKINSON'S DISEASE

Cognitive impairments were the greatest **patient challenge** for success

Intensity of dosage was the greatest **logistical challenge**

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LSVT LOUD Adaptations for Cognitive Challenges

Adaptations ARE:

- Increasing repetitions for shorter durations
- Allowing greater rest breaks
- Persisting at phrase/sentence levels of the hierarchy
- Utilizing family and support system for carryover
- Altering materials for visual/language impairments
- Adding additional sessions and more frequent follow-ups

Adaptations are NOT:

- Altering core protocol
- Delivering fewer or shorter sessions
- Changing treatment tasks
- Eliminating core elements (target, mode, calibration)

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Dementia Case Example

You have a person with PD who has significant dementia and as a result has difficulty reading unfamiliar material. This particular person is very involved in his place of worship. Thus, you can select familiar short phrases for him to read to keep the intensity of motor practice going and maintain salient engagement.

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Alternative delivery mechanisms of LSVT LOUD

LSVT® eLOUD
Telepractice

LSVT Companion®
Funded by: NIH-NIDCD & Michael J. Fox Foundation

www.LSVTGlobal.com

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GENERAL CONSIDERATIONS

- LSVT LOUD is **not** for everyone – It is another tool in the toolbox
- Diagnoses that are contraindicated
 - Myasthenia Gravis
 - ALS
 - Multiple Sclerosis in exacerbation
- Stimulability testing results, clinical judgment and client/family discussions should guide the decision to progress with treatment or not

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How does an LSVT LOUD Certified Therapist Determine if LSVT LOUD is Appropriate for Other disorders?

- Evaluate the clinical diagnosis and rationale for focusing on improving voice.
- Determine if there are medical contraindications (e.g. ALS, myasthenia gravis) by consulting with the patient's medical team.*
- If there is a good clinical rationale, based on the physiology of the communication disorder, then try stimulability testing.
- If stimulability testing is successful, try one week trial treatment. Assess and proceed accordingly.

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Stimulability: Give everyone a chance!

- Don't discount successful treatment options just because a condition is severe, advanced or complex
- The outcomes can be very impressive
- FUNCTIONAL oral communication of any kind can dramatically improve quality of life in severely disordered communication, even if supplementation is required

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Summary

- There is a solid rationale for applying LSVT LOUD to conditions with disordered speech beyond Parkinson's
- Research evidence exists for select populations (case studies, single-subject designs and small group designs)
- The effectiveness, as self-rated by treating therapists, of LSVT LOUD in non-PD conditions has been quite high for the conditions reported here
- Challenges associated with applying this treatment beyond PD include cognitive impairment and logistical concerns
- There are adaptations and solutions available to address patient and logistical challenges

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How to Ask Questions

- 1. Type in the question box on your control panel**
- 2. Raise your hand!**
 - Click on the hand icon
 - Your name will be called out
 - Your mic will be unmuted,
 - Then you can ask your question out loud
- 3. Email info@lsvtglobal.com if you think of questions later!**



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Join us for our virtual SLP mini-conference
November 18-21, 2020

Date	Time (EST)	Title	Presenters
11/18 Wed	6:00-8:00 PM EST	Telepractice in Private Practice and University Clinics for Adults with Neurological Disorders Register: https://lsvtglobal.com/register/81663054853117390	Lori Kamps, PhD Jessica Galano, PhD Gerilyn Schutz, PhD Deborah Theodore, PhD
11/19 Thurs	6:00-7:30 PM EST	LSVT LOUD® Applied to Adults with Cerebral Palsy: Two Single-Subject Studies Register: https://lsvtglobal.com/register/8754081432977005420	Gemma Moya-Gale, PhD
11/19 Thurs	7:30-8:30 PM EST	Beyond Parkinson's: Use of Evidence-based LSVT LOUD for Other Movement Disorders, Aging and Children Register: https://lsvtglobal.com/register/10453748914002031820	Cynthia Fox, PhD Angeta Hagom, MS
11/20 Fri	12:00-1:00 PM EST	Enhanced Solutions for Voice and Mobility Maintenance Classes: Virtual Discoveries in PD Care! Register: https://lsvtglobal.com/register/2907244384526974931	Angeta Hagom, MS Laura Guste, MPT Cynthia Fox, PhD
11/21 Sat	10:00-11:00 AM EST	Improved Verb Use Following Intensive Voice Treatment in Individuals with Parkinson's Disease Register: https://lsvtglobal.com/register/840682400517493431	Amy Ramago, PhD
11/21 Sat	11:30-12:30 PM EST	Building a data base for automatic speech recognition in Parkinson's disease Register: https://lsvtglobal.com/register/77815338001070733839	Lori Kamps, PhD Bob McDonald, PhD

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Thank you!

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Live viewing: Please complete the survey that will launch when you close the program.
Survey is required for ASHA CE Registry Reporting.

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