



LSVT Global® Public Webinar Series

**Title: Life after LSVT LOUD® and LSVT BIG®:
A step-by-step guide to help you maintain your treatment gains**

**Presenters: Elizabeth Peterson, MA, CCC-SLP
Jennifer Tuccitto, MPT, GCS**

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Life after LSVT LOUD® and LSVT BIG®:
A step-by-step guide to help you maintain your treatment gains




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GLOBAL Innovation in Science. Integrity in Practice.®

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Presenters



Elizabeth Peterson
 MA, CCC-SLP
 LSVT LOUD® Faculty



Jennifer Tuccitto
 MPT, GCS
 LSVT BIG® Faculty

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Presenter Biographies

Elizabeth Peterson, MA, CCC-SLP
 Ms. Peterson received her master's degree in Speech, Language and Hearing Sciences from the University of Colorado-Boulder. She has worked as a research associate at the National Center for Voice and Speech-Denver and the University of Texas Health Science Center, San Antonio. In her current role with LSVT Global, Ms. Peterson serves as an LSVT LOUD Faculty Instructor and manages their ongoing webinar program to help educate others on neurogenic voice and speech disorders and the LSVT programs.

Jennifer Tuccitto, MPT, GCS
 Ms. Tuccitto received her Master's Degree in Physical Therapy from the College of St. Catherine in Minnesota in 2001 & received her Geriatric Clinical Specialist Certification in 2015. As a physical therapist, she has over 20 years of experience in treating a wide variety of clients with neurological diagnoses with a focus in Parkinson Disease. Ms. Tuccitto has been certified in LSVT BIG since 2009 and part of the LSVT BIG Training and Certification Faculty with LSVT Global since 2011. She now serves as the Director of Innovation and Communications for LSVT Global as well as the LSVT BIG Clinical Expert. She has assisted with the development of many LSVT BIG treatment tools & courses including the LSVT BIG Homework Helper videos, BIG for LIFE training, webinars & LSVT for LIFE. She has presented for the National Parkinson Foundation, the Minnesota Physical Therapy Association, Combined Sections for the American Physical Therapy Association and at the American Speech and Hearing Association on LSVT BIG & Parkinson Disease.

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Disclosures

- All LSVT faculty have both financial and non-financial relationships with LSVT Global.
- Non-financial relationships include a preference for LSVT LOUD and LSVT BIG as treatment techniques.
- Financial Relationships include:
Ms. Peterson and Ms. Tuccitto are employees of LSVT Global, Inc. and receive lecture honorarium from LSVT Global, Inc.

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Webinar Logistics



- Microphones muted
- How to ask questions
- Handouts
- Survey
- Continuing Education Units (CEUs)

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Information to Self-Report CE Activity

- This LSVT Global webinar is NOT ASHA or state registered for CEUs for speech, physical and occupational therapy professionals, but it may be used for self-reported CEU credit as a non-registered/non-preapproved CEU activity.
- If you are a speech, physical or occupational therapy professional and would like to self-report your activity, e-mail webinars@lsvtglobal.com to request a certificate after completion of the webinar which will include your name, date and duration of the webinar.
- Licensing requirements for CEUs differ by state. Check with your state PT, OT or Speech licensing board to determine if your state accepts non-ASHA registered or non-pre-approved CEU activities.
- Attendance for the full hour is required to earn a certificate.

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Learning Objectives

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

1. Discuss the elements of LSVT treatment and homework sessions.
2. Explain the importance of ongoing at home practice and identify potential tools to assist in home practice during treatment and post-discharge.
3. Outline rationale for LOUD for LIFE and BIG for LIFE group maintenance classes to support maintenance.
4. Recognize the need for periodic check-ins and tune up sessions.



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Poll #1 Who is joining us?

- Person with Parkinson's
- Family member, friend or caregiver
- Other

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Poll #2 If you are a person with PD, have you ever had:

- LSVT LOUD
- LSVT BIG
- Both

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LSVT LOUD and LSVT BIG

Intensive amplitude-based exercise/therapy programs for the speech and limb motor systems!
Re-education of the sensorimotor system.

Fundamental Treatment Principles

- ✓ Hypothesis-based/PD-specific
- ✓ Neuroplasticity-based
 - ✓ Research-based
 - ✓ Personalized

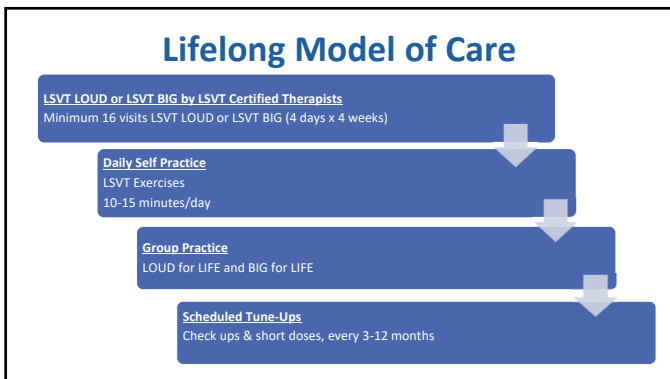
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Overarching Goal for People with PD

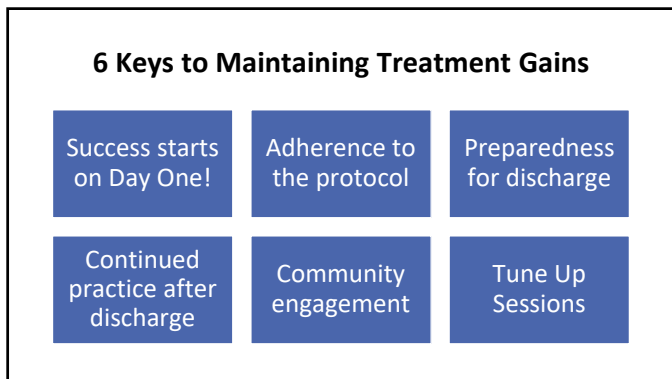
LSVT BIG and LSVT LOUD

People with PD will use their bigger movements and louder voice “automatically” in everyday living – and there is ***long-term carryover*** of increased amplitude use!

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LSVT LOUD Treatment Session Summary

<p>Daily Exercises</p> <ol style="list-style-type: none"> 1. Maximum Duration of Sustained Vowel Phonation (Long Ahs) – 15+ reps 2. Maximum Fundamental Frequency Range (High/Low Ahs) – 15 reps each 3. Maximum Functional Speech Loudness (Functional Phrases) – 5 reps of 10 phrases 	<p>Hierarchy Exercises</p> <p>Structured reading – multiple reps, 20+ min.</p> <p>Off the cuff – bridge the gap to conversation</p> <p>Build complexity across 4 weeks of treatment towards your long-term communication goal</p> <p>Homework</p> <p>Includes all daily exercises and hierarchy exercises</p> <p>Assigned all 30 days. 10-15 min/day.</p> <p>Carryover Exercises</p> <p>Use loud voice in real life situations outside of the treatment room</p> <p>Assigned all 30 days</p>
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LSVT BIG Treatment Session Summary

<p>Maximal Daily Exercises</p> <ol style="list-style-type: none"> 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) <p>Functional Component Tasks</p> <p>5 EVERYDAY TASKS– 5 reps each</p> <p>For example:</p> <ul style="list-style-type: none"> -Sit-to-Stand -Pulling keys out of pocket -Using cell phone 	<p>Walking BIG</p> <p>Distance/time may vary</p> <p>Hierarchy Exercises</p> <p>Patient identified tasks: Getting out of bed, Playing golf, Getting in and out of a car</p> <p>Build complexity across 4 weeks of treatment towards long-term goal</p> <p>Homework</p> <p>Includes all daily exercises and hierarchy exercises</p> <p>Assigned all 30 days. 15-20 minutes per day.</p> <p>Carryover Exercises</p> <p>Use loud voice in real life situations outside of the treatment room</p> <p>Assigned all 30 days</p>
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What does homework look like?

LSVT LOUD

Daily exercises (a minimum of):

- 6 Long Ahs
- 6 High Ahs
- 6 Low Ahs
- 1 time through functional phrases

Hierarchical speech exercises

- 5-10 minutes of reading aloud

Carryover Assignment

- Use LOUD voice in real life situation outside of treatment room

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What does homework look like?

LSVT BIG

Daily exercises (a minimum of):

- Floor to Ceiling – 4 reps
- Side to Side – 4 each side
- Forward step – 4 each side
- Sideways step – 4 each side
- Backward step – 4 each side
- Forward Rock and Reach – 10 each side (working up to 20)
- Sideways Rock and Reach – 10 each side (working up to 20)

Functional Component Tasks

- 5 EVERYDAY TASKS - 5 reps each

BIG Walking

- Every Day

Carryover Assignment

- Use BIG movement in real life situation outside of treatment room

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How much time is spent on homework?

- 10-15 minutes **one** other time on treatment days
- 10-15 minutes **twice** a day on non treatment days


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Your clinician will guide you throughout treatment

- Monitor progress with frequent calibration assessment
- Talk about the plan for discharge
- Review opportunities for continued exercise
- Connect with support groups, classes, peers

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Final Therapy Session




- Re-assess all tests and measures that were completed at evaluation.
- Compare and contrast all testing.
- Celebrate successes and gains!
- Review all goals.
- Reinforce importance of daily home exercise program.

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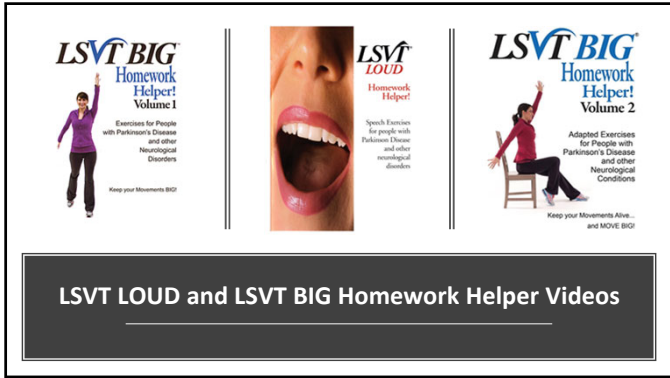
What can you do to maintain your gains?

Daily Practice of LSVT Exercises

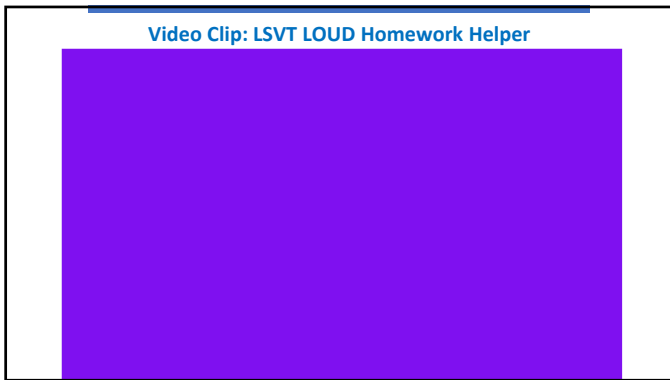
- Home Exercise Program
- LSVT Homework Helper Video
- LSVT Coach
- LOUD for LIFE
- BIG for LIFE
- Periodic Check-Ins



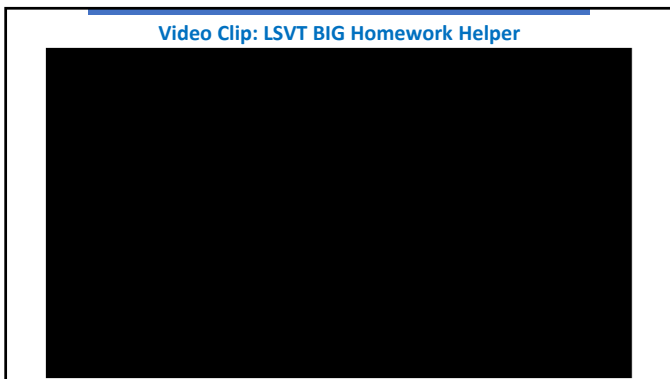
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LSVT Coach® Home Edition



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

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LSVT Coach Key Features

-  Must be under care of an LSVT LOUD Certified Clinician who recommends the device
-  Provides audio and visual feedback based on goals set by the clinician
-  Automatically obtains calibrated sound pressure level (SPL), frequency and duration data for treatment and/or home practice
-  Clients can easily e-mail results files (Excel format) for clinician review


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Video Example of LSVT Coach Home Edition



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Reinforce Exercise and Follow-Up Plans



Daily Practice of LSVT Exercises
1x/day Forever

- "Show off LOUD & BIG" daily
- Tune-ups
- LOUD for LIFE® and BIG for LIFE®

"Other" fitness that you may enjoy
Examples: Dancing, singing, boxing, book club, water aerobics, bicycling, yoga, Tai Chi, etc.

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While Regular Intensive Exercise is very important, it does *NOT* replace a "daily dose" of LSVT BIG or LSVT LOUD.


Both are needed!

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WHY???

Amplitude Focused:	<ul style="list-style-type: none"> • Not all exercise focuses on AMPLITUDE • Amplitude focused exercise needed EVERY day due to hypokinesia and bradykinesia
Function Focused:	<ul style="list-style-type: none"> • Most community based exercises do not include practice of personalized everyday skills and communication.
Sensory Focused:	<ul style="list-style-type: none"> • Not all exercise focuses on sensory awareness challenges in people with PD. Recognizing you need to feel louder and bigger than you think just to be within normal limits!!

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**Post-Graduate Groups:
LOUD for LIFE and BIG for LIFE®**

- Group exercise maintenance class specifically for patients who have completed the FULL LSVT LOUD or LSVT BIG Protocol
- Typically meet 1-2 times per week for 1 hour
- Cash based
- Led by LSVT LOUD or LSVT BIG Certified Clinicians who have completed the LOUD for LIFE or BIG for LIFE online training
- Can have a variety of classes grouped by ability levels as interest grows
- Can market to the community at large, not just your own organization
- Can be done virtually or in person

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LOUD for LIFE Class: What Happens?

Goal of Class: Louder voice that translates into conversation in daily life



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Conversation/Cognitive Activities

Book Review	Open Mic	Family Game Night
Tour Guide	Share a Treasure	Share a Recipe
Dinner Party Guests	I spy	Conversation Starters

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BIG for LIFE – What happens in Class?

LSVT BIG Exercises



Function Related Practice

Goal: Translate your bigger movements into function



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Functional Practice Examples

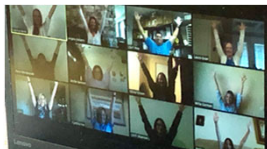
Eating a Meal	Cleaning the kitchen	Thanksgiving
Car transfers	Going to the movies	Gardening
Doing laundry	Freezing strategies	Sports Events

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Virtual
LOUD for LIFE
and
BIG for LIFE



Same Class
Structure as In
Person Classes



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Finding a LOUD for LIFE or BIG for LIFE Class

- www.lsvtglobal.com
- Click on link for "Find LSVT Clinicians"
- Select desired provider type (LSVT LOUD or LSVT BIG)
- Type in your location information in the search bar
- Choose the distance you would like to search
- Look for the designation of "LOUD for LIFE Provider" or "BIG for LIFE Provider" under title

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What do data say about maintenance?

Research data have documented maintenance of outcomes in LSVT LOUD at 6 month, 12 months and 24 months post-treatment (Ramig et al., 1995; 1996, 2001a, 2001b; 2018)...

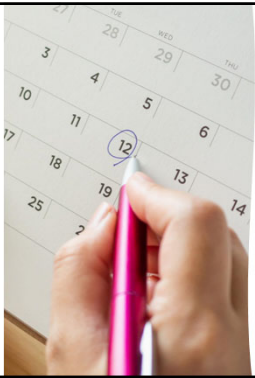
Having said that...

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...Clinically one of the challenges many people with PD face following therapy is how to maintain treatment effects over time.

- No longer regularly attending therapy
- Disease progression
- Other medical complications
- Complacency: The feeling of "I'm doing well, I don't need to do this anymore."
- Lack of motivation
- Sensory impairment impacting quality of HEP
- Apathy


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Six-months Post-treatment

- LSVT Clinician should check up with you at 6 months.
- Some people may need a check up earlier.

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You may need:

- No treatment
- Keep up the good work!

OR

One to several "tune-up sessions"

- Enhanced motivation
- Reminders of how to do exercises with best effort
- Reminder of what "BIG" or "LOUD" feel like
- Address new goals or issues


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Summary

- 1 Discuss expectations for treatment and home practice with your clinician.
- 2 Establish a homework routine that you can maintain over time. Consider use of LSVT homework resources.
- 3 Engage in community exercise. Consider participation in LOUD for LIFE or BIG for LIFE class.
- 4 Discuss check-ins and tune-up sessions at discharge so you know what to expect for follow-up care.

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Upcoming Webinar!



Expand your Clinical Reach: How to Apply LSVT Treatments Beyond Parkinson's Disease

Learn about research studies and clinical cases on LSVT treatments applied to individuals with a diagnosis other than PD and how the clinical assessment can help determine if LSVT LOUD or LSVT BIG may be appropriate for select clients on your caseload.

Intended Audience: Allied health professionals


Date: Wednesday, July 20, 2022

Time: 2:00 PM - 3:00 PM Eastern Daylight Time (EDT)

Register at <https://blog.lsvtglobal.com/events/>

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How to ask questions



1. Type in the chat box on your control panel
2. Raise your hand!
3. Email info@lsvtglobal.com

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Thank you!



Please complete the survey that will display on the screen directly after the webinar.
It will take five minutes or less to complete!

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