



LSVT Global® Public Webinar Series

Title: Everything you need to know about LSVT LOUD® and LSVT BIG®: A guide for people with PD and those who support them!

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

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**Everything you need to know about LSVT LOUD® and LSVT BIG®:
A guide for people with PD and those who support them!**



LSVT
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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Poll #1. Who is joining us?


- Person with Parkinson's
- Family member, friend or care partner
- Physical or Occupational Therapist/Assistant (including students)
- Speech Language Pathologist/Assistant (including students)
- Other

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Learning Objectives

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

- Identify two non-motor symptoms that contribute to softer voices and smaller movements in people with Parkinson's (PWP).
- Define the elements of the LSVT Protocols.
- Explain the importance of homework during and after treatment and how you can help your PWP with homework.
- Identify at least three tips to help optimize success for your PWP during LSVT treatment.
- List ideas and resources to help avoid care partner burnout.



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Breakdown of our tips for success!

- Understanding key motor and non-motor symptoms (sensory disorder, internal cueing deficit) common in Parkinson's disease (PD)
- What do the LSVT Programs entail?
- Success through homework – during treatment and beyond!
- General tips from LSVT Clinicians
- Care Partner Resources

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Understanding symptoms in PD

Motor Disorder

Non-motor Disorder

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Motor Symptoms of PD

- Rigidity
- Tremor
- Bradykinesia - slow movement
- Hypokinesia – small, under-scaled movement

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Non-Motor PD Symptoms

<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> Depression <ul style="list-style-type: none"> 25% major/17% minor Precedes motor symptoms May contribute to dementia </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> Loss of higher cognitive functions <ul style="list-style-type: none"> Shifting cognitive set Slow thinking Retrieval Internal cueing Sustaining attention </div> <div style="border: 1px solid #ccc; padding: 5px;"> Dementia <ul style="list-style-type: none"> 30% Occurs 6.6 times as frequently than in elderly non-PD, shortens survival </div>	<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> Autonomic abnormalities <ul style="list-style-type: none"> Hypotension, bowel/bladder, sexual, blurry vision, short of breath </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> Sensory changes <ul style="list-style-type: none"> Pain, tingling, burning Generalized decreased kinesthetic awareness - Self-perception/monitoring </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> Sleep Disorders </div> <div style="border: 1px solid #ccc; padding: 5px;"> Emotional Changes <ul style="list-style-type: none"> Anxiety Apathy </div>
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**Sensory Disorder:
Scaled down output**

Posture: Patient may be leaning, falling and be "unaware".

Gait: Patient thinks others are walking faster now. Is unaware of reduced arm swing.

Speech: Patient denies being reduced in loudness, thinks others need a hearing aid.

When asked to move bigger, it feels TOO big.

When asked to speak louder, it feels like shouting.

Fox et al, 2002 (Review)

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Internally vs. Externally Cued Movements

PD results in disruption of *internal* cue or trigger for movement (patients do not self-initiate)

Deficits in self-initiated movements due to under-activation of supplementary motor area (SMA)

Patients can get louder or move bigger with *external* cue


Jahanshahi et al., 1995; Sapir et al., 2011

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It's not easy....

What you can do:

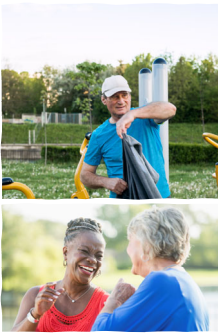
- Learn about the sensory deficits.
- Experience what it feels like to talk "too loud" and move "too big".
- Understand the internal cueing deficits.
- Appreciate the *effort* required to move bigger and talk louder in PD.



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What are the LSVT programs?

How do they address motor and non-motor symptoms affecting voice and movement?



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**LSVT Protocols:
Based on 30 years of federally funded research and clinical experience**

LSVT LOUD is speech therapy
Delivered by LSVT LOUD Certified Speech-Language Pathologists

LSVT BIG is physical/occupational therapy
Delivered by LSVT BIG Certified Physical or Occupational Therapists

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What do the LSVT Programs Entail?

- Structured, evidence-based, rehabilitative treatment protocols developed specifically for PD but can be used for other conditions
- Adhere to principles of motor learning and activity dependent neuroplasticity
 - Intensive and challenging EXERCISE, specific to the unique features of PD
 - Personalized and specific functional training of voice, mobility and activities of daily living

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LSVT LOUD Treatment Session

Daily Exercises

1. Maximizing vocal function
2. Sustained phonation
3. ...

Core amplitude rescaling exercises

Hierarchy Exercises

Structured ... spontaneous speaking

Build ... of treat

Wee

Wee

Wee

Wee

Ho

Inclu

exerc

Carryo

Use loud voice ... side of the treatment room. ... all 30 days

Translation of amplitude to functional, salient, individualized goals

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Calibration Training

LSVT LOUD addresses a **MISMATCH** between one's perception of their vocal loudness and how others perceive it.



"I feel like I'm shouting."

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LSVT LOUD Goal!




Treatment Exercise: "long ah", "high/low ah"

Treatment Goal: louder voice in conversation

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LSVT BIG Treatment Session

Maximal Daily Exercises

1. Floor to Ceiling
2. Side to Side
3. Forward to Backward
4. ...
5. ...

Waist to Ankle

Distance

Functional Component Tasks

5 EVERYDAY tasks each

For ...

... et

... bed,

... tment

... onal

... ing assigned all

30 days


Core exercises-
"Building Blocks"

Practice using
larger amplitude
in functional
tasks which are
important to
you!

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Calibration Training

LSVT BIG addresses the **MISMATCH** between one's perception of their movement and how others perceive it.



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LSVT BIG Goal

Generalization to functional activities in daily life!

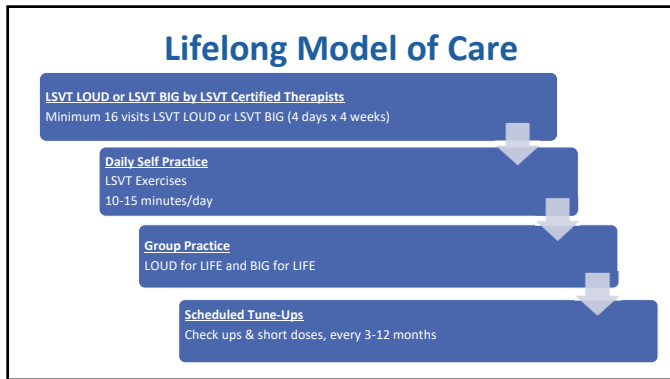


Treatment Exercise:
Rock and Reach



Treatment Goal: Improved ability to reach things from high shelves

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Home Routine is Critical

Homework During Treatment

LSVT LOUD

- 5-10 minutes one other time on treatment days
- 15-20 minutes **twice** a day on non-treatment days

LSVT BIG

- 15-20 minutes one other time on treatment days
- 15-20 minutes **twice** a day on non-treatment days

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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 care partners can help with homework

- Help establish a homework routine. (e.g. time/place)
- Help with set up. (e.g. get chair, load video, set up LSVT Companion, etc.)
- Remind client to *do* their homework if they tend to forget.
- Check in on homework each day. Can even write a note on homework form on how you helped.
- Ask or observe what patient did at therapy so you are aware of progress/setbacks.
- Cue or coach if appropriate or necessary. Attend therapy sessions to learn how to be the best coach you can be.
- Help with follow-up appointments and finding LOUD for LIFE or BIG for LIFE classes.

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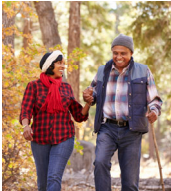
After treatment, continue daily dose of LSVT homework exercises!



The best combination for success!

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Success through homework – during treatment and beyond!



Daily exercise practice life-long

- Homework Helper videos (DVD/download/streaming)
- LSVT Coach


New Group Exercise Options!

- LOUD for LIFE® and BIG for LIFE®

Regular LSVT “Tune-ups” every 3-12 months

Other enjoyable activities and fitness for PD

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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 Protocol!**

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Finding a LOUD for LIFE or BIG for LIFE Class

- Go to www.lsvtglobal.com
- Click "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



Angela Halpern
 MS, CCC-SLP
 Speech Language Pathologist
 eLOUD Provider
LOUD for LIFE Provider

- A.H.Consultant, L.L.C.
 National Center for Voice and Speech
 Denver

[View Details](#)

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Tips from LSVT Clinicians- Use Positive Words and Experiences.

Focus on when the PWP gets it RIGHT, not wrong.

- *Examples:*
- "I can hear you."
- "That voice sounds great."
- "You are walking right next to me!"

Help facilitate positive interactions beyond yourself.

- *Examples: Set up phone calls, Zoom sessions, in-person get togethers when possible etc. so others can comment on the new louder voice and improved movement.*

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Tips from LSVT Clinicians- Be Empowering.

Step back and let them try something first before you jump in to help or do it yourself.

Allow the PWP to take on roles that they may have stopped doing after PD.

- *Examples: Answer phone calls, write thank you notes, helping with household chores*

Stop doing everything for them, even if it takes more time or is more efficient for you to do it yourself.

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Tips from LSVT Clinicians- Learn how to be a good coach.

- Observe a therapy session(s) so you can see and better understand the exercises. Learn the exercises yourself if you need to be a coach.
- Ask clinician if you can "lead" a portion of a session so that the clinician can provide feedback on cueing.
- Use simple phrases provided by clinician (e.g. Think LOUD/BIG!)
- Show what to do instead of overexplaining. Or do the exercise with them!
- Help plan exercise time – ideally when medication is working best.
- Speak with clinician in the middle of the month of treatment to provide insight into patient's progress at home.
- Have patience! Be empathetic. New habits take time.

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Communication Tips from LSVT Clinicians

Optimize Communication Environments for Success

- Speak face-to-face
- Turn down background noise (*Examples: TV at home, stereo in car*)
- Choose seating in a quieter area at crowded environments (*Example: restaurants*)

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Insights from people with PD


- "It is hard and frustrating. Be patient."
- "Encouragement. The best gift!"
- "My wife is very knowledgeable and supportive - she adds new exercises to our ever-expanding mix. Rather than getting discouraged, she incorporates new lessons without complaint making it easier for me remain committed to my exercises."
- "Encourage me to do it at home. Do it with me, time me, give out encouraging words."

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Questions to ask an LSVT LOUD or LSVT BIG clinician

*Are you currently accepting patients? If so, move on to these four questions:

1. Do you deliver the gold standard dosage of LSVT LOUD or LSVT BIG?
 - Four days a week for 4 weeks
 - Individual 60-minute sessions
 - Daily homework and carryover assignments
2. How many LSVT LOUD/LSVT BIG clients have you treated?
3. What are your typical outcomes?
4. Do you have a follow-up or maintenance plan for your clients?



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If the "LSVT" treatment is anything other than the dosage, exercises, homework and carryover described-

It is NOT actually LSVT.

There are no modified versions.

Treatment fidelity is KEY!

If a clinician offers any modified version, don't do it!
You will not receive the benefits of treatment we have established in our 30 years of research.

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How can I learn more about LSVT LOUD and LSVT BIG?

<p>ON OUR BLOG:</p> <ul style="list-style-type: none"> • https://blog.lsvtglobal.com • Research Articles • Webinars on Hot Topics! • On Demand Webinar Library • Featured Blog Articles, Testimonials, and Videos • Live Seminars 	<p>ON OUR WEBSITE</p> <ul style="list-style-type: none"> • www.lsvtglobal.com • Patients & Family Section • What is LSVT BIG? What is LSVT LOUD? <p>SOCIAL MEDIA</p> <ul style="list-style-type: none"> • LSVT Global – Facebook, Instagram, Twitter, Linked In
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EMAIL
Ask our experts at info@lsvtglobal.com

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- Work with clinician on when to cue
- Keywords when cueing
- Signs/reminders around house
- Seek respite care or find other family members and friends to help with driving to appts, setting up ZOOMs, etc.
- Support groups offered for both PWP and care partners
- Take time for self-care!

**Care Partner
Reprieve
Avoid
burnout!**

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Parkinson's Foundation, Caregiver Information:
<https://www.parkinson.org/Living-with-Parkinsons/For-Caregivers>

American Parkinson Disease Association, Care Partner Information:
<https://www.apdaparkinson.org/resources-support/for-caregivers/>

World Parkinson Coalition, Care Partner Virtual Panels:
<https://www.worldpdcoalition.org/page/carepartner>

Davis Phinney Foundation, Caregiver Information:
<https://davisphinneyfoundation.org/tag/caregivers/>

Michael J. Fox Foundation, Care Partner Information:
<https://www.michaeljfox.org/news/care-partners>

**Care Partner
Reprieve
Recommended
Resources**

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PMD Alliance Online Support Group for Care Partners:
<https://www.pmdalliance.org/events/resilience-online-support-group-care-partners-2020-09-10/>

Caregiver Action Network:
<https://caregiveraction.org/>

NeuroTalk Communities:
<https://www.neurotalk.org/>

National Alliance for Caregiving:
<https://www.caregiving.org/>

CurePSP, Care Partner Resources:
<https://www.psp.org/needsupport/carepartner-resources/>


**Care Partner
Reprieve
Recommended
Resources**

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Summary

- Understanding non-motor components such as sensory changes and internal cueing deficits can help care partners better empathize with the difficulties PWP have speaking loud and moving big.
- Homework during and after treatment is critical to achieve and maintain a louder voice and bigger movements. Care partners can help make sure their loved one is on track with homework and continued practice.
- Care partners can play a helpful role at home to ensure success carries over outside of treatment by following recommendations from clinicians.
- LSVT Protocols are evidence-based and created specifically for individuals with PD. Care partners can help their loved one optimize communication and movement improvements by ensuring they are receiving LSVT LOUD or LSVT BIG by a certified clinician.
- Caregiving can be a rewarding yet exhausting role. Be sure to make time for yourself and enlist help from others to avoid caregiver burnout.

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Join us next month!

Special Showing of the film SPARK: Robin Williams and his Battle with Lewy Body Dementia

LSVT Global, Inc. is proud to partner with the Lewy Body Dementia Association (LBDA) for a special showing of the documentary, SPARK, an intimate portrait of Robin Williams and his battle with Lewy Body Dementia (LBD). After viewing the film together, a select group of experts in the field will present key information about the disease and a 10-15 minute Q and A session will follow.


Join us for this special viewing to help promote community and professional awareness and education to those affected by Lewy body dementia.

Healthcare Provider Showing: October 25, 7:00-8:30pm EDT
Public Showing: October 26, 2:00-3:30pm EDT

<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!
