

Have you or a loved one recently been diagnosed with Parkinson's Disease (PD)?

At Saint Mary's Outpatient Therapies we offer comprehensive PT, ST and OT services, including specialized Parkinson's treatment options: Lee Silverman Voice Treatment (LSVT)

LSVT LOUD- Parkinson-specific speech treatment delivered by certified speech therapists. It is backed by over 15 years of research funded by the National Institute of Health (NIH). It has demonstrated positive results in ***sustained louder speech for up to two years*** as well as showing measurable benefits including:

- Swallowing
- Facial expression
- Intelligibility
- Improved brain function

LSVT BIG- Parkinson-specific exercise approach, delivered by certified physical and occupational therapists. Initial research funded by the NIH has shown ***larger amplitude, whole body functional movements*** including:

- Faster walking with bigger steps
- Better Balance
- Increased trunk rotation.

Speech Characteristics of People with PD

- Respiratory, phonatory, resonatory, or articulatory components of the speech production mechanism are all impacted
- Monopitch, monoloudness, reduced overall loudness, short rushes of speech, short phrases, variable rate, overall increased rate, inappropriate silences, repeated phonemes, reduced stress, and imprecise consonants.....overall reduced intelligibility (Hypokinetic Dysarthria)

Traditional Therapeutic Approaches vs. LSVT LOUD

- Traditional approaches might train you to: use extra breath support, slow rate, increase loudness, over-articulate, increase intonation, use more facial expression etc.
- Involves a lot of cueing, but doesn't teach you to internally monitor yourself
- LSVT LOUD- simple, consistent cue that addresses all the speech mechanisms impacted.

Why target loudness?

LSVT chooses one speech target, using a simple, consistent cue that will enhance speech production on many levels: “LOUD!” and teaches the patient to internally monitor and cue themselves.

Physical Characteristic of People with PD

- Bradykinesia (slowness of movements)
- Muscle rigidity
- Impaired posture and balance
- Freezing
- Dyskinesia (involuntary movements)
- Festinating gait pattern
- Sensory-perceptual deficits

Traditional Therapeutic Approaches vs. LSVT BIG

- Traditional approaches don't explicitly teach the person with PD to monitor and self-cue for normal sized movement.
- LSVT BIG targets the production of maximum amplitude, whole body, functional movements while re-calibrating the sensory perceptual system required normal movement.
- LSVT BIG moves up a progressive hierarchy of functional, salient tasks.

LSVT LOUD & BIG

HIGH EFFORT- multiple repetitions of whole body large amplitude functional movements

PROGRESSIVE- moving from simple real word tasks to more complex and novel functional movements

INTENSIVE - large amplitude movements are incorporated into daily situations; treatment is delivered four days a week for four consecutive weeks

MOTIVATING- extensive positive feedback reinforces success and teaches self-monitoring. Patients practice salient, meaningful tasks.

Research suggests that intensive, continuous exercise, such as that provided by the LSVT BIG and LOUD programs may slow motor deterioration and extend quality of life for people with PD.

LSVT LOUD and BIG is:

16 individual therapy sessions

4x/week for four weeks

One hour a day

How do I get referred for outpatient therapy services at St. Mary's?

- 1) Ask your physician to write a prescription for PT, OT, and/or SLP evaluation and treatment

- 2) Have your doctor's office fax the prescription to St. Mary's Outpatient Therapies at (415)750-4930. Then call (415)750-5900 for an appointment.
- 3) Please have your doctor's office fax over any recent progress notes and a current history and physical to our office before your initial evaluation.