Physical therapy for Parkinson's Disease

LSVT Big®
What is LSVT BIG®?

Lee Silverman
Voice Training

Lee Silverman was the first patient given voice training by a speech therapist.
LSVT Big®?

Physical therapy

1) Is intensive

2) reprogramming the central nervous system
BIG = AMPLITUDE

- The largest range of motion possible
- Maximal effort
- Every movement
- Everyday 24/7
Recalibration

Changing Perception and Changing motion
Recalibration

SENSORY RECALIBRATION: Movement MUST FEEL “TOO BIG”

MOTOR RETRAINING: Movement MUST BE “BIG”
Sensory Calibration

If you don’t feel like your movement is too big, then your are not moving BIG enough.
What are the side effects of big?

- YOU FEEL EMPOWERED!
- More CONFIDENT!
- More physically active
- Safer standing up, turning and walking
- Daily activities will be easier and safer
- More independence!
The goal of therapy is to **increase motor output**.

“**BIG effort**” maximally stimulates & maximally engages your central nervous system.
Questions???

Thank you! 😊