



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 you are not
moving **BIG** enough

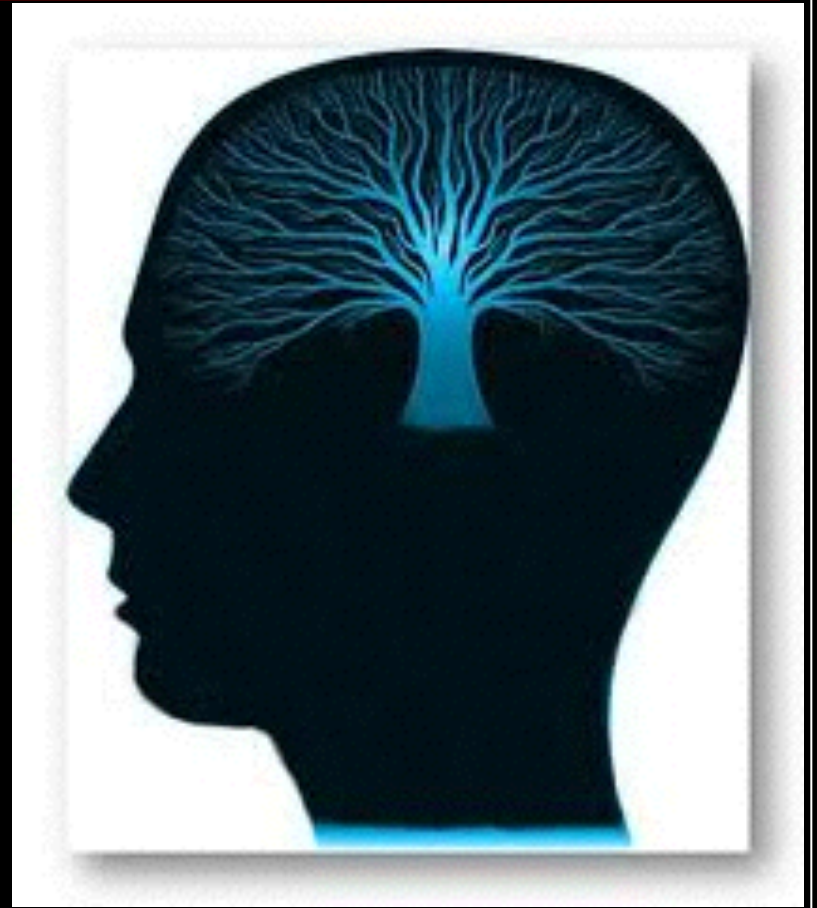
What are the side effects of big?

- 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! 🙏