



LSVT LOUD

What is it?

- High Effort/High Intensity
- Reorganize motor system and retrain sensory system
- Found to not only improve loudness, but also articulation, expression, vocal quality, vocal rate, and confidence across speaking situations

Who is appropriate for LSVT?

- People with neurological disorders, specifically Parkinson's Disease. LSVT has also had success for patients with stroke, MS, ataxia, aging patients with reduced loudness, and even children with Cerebral Palsy and Down Syndrome
- For many of these people, impaired voice can affect quality of their life
- Adequate cognition for best success, or may need cues from caregivers for decreased cognition
- High motivation = high compliance = high carryover

Program Summary:

- 4 days/week for 4 weeks (16 sessions/month) for 50-60 minute sessions

What is done in each session?

- Daily tasks
- "Ah"
- High/low pitch
- Phrases
- Hierarchy tasks
- Progress from week to week focusing on structured reading and spontaneous speech
- Week 1: Word/Phrase, bridge gap to conversation, short, simple conversation
- Week 2: Sentence/reading, short simple conversation
- Week 3: Reading/conversation
- Week 4: Conversation
- First few sessions also have increased emphasis on education
- Homework, carryover, and calibration a part of each session as well

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LSVT BIG™

WHAT:

- Lee Silverman Voice Treatment developed in 1987
- Targets large amplitude, high effort exercise and activity in order to provide sensory calibration to every day movements
- Sensory Calibration: The process of teaching the patient to self-monitor and accept that what feels too big is within normal limits!

WHO:

- Any person who has a neurological disorder who has functional mobility limitations - not specific to Parkinson Disease
- Parkinson Disease
- Dementia
- CVA
- Multiple Sclerosis
- Earlier in the disease progression the better
- If you think you or your loved one would benefit, contact Therapy and a stimulability test can be completed

WHEN:

- 16, 1 hour individual sessions; 4 consecutive days per week for 4 weeks
- Daily homework practice all 30 days of the month
- Daily carryover exercises all 30 days of the month

PROTOCOL

- 7 maximal daily exercises
- Functional component tasks
- 5 everyday tasks that are a component of a larger task
- 5th task is always with sit-to-stand
- Walking BIG
- Hierarchy Task
- Working towards complex, long term goals

WHY

Goals:

- Use bigger movements automatically in everyday living with long-term carryover
- Sensory calibration
- Improved strength and balance

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