

Program Implementation

Amplify your life!

The program consists of individual treatment 4 days a week for 4 consecutive weeks with an LSVT® certified therapist.

Start as soon as possible. Physicians rarely refer their patients to health and fitness programs at diagnosis because medications are very effective early on. However, **now** is the time to begin considering lifestyle changes.

Talk to your doctor today!



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<http://www.lsvtglobal.com/>

1-888-438-5788



Rehab Department

BIG

– and –

LOUD

Therapy Programs
for
People with Parkinson's Disease
or other Neurological Disorders

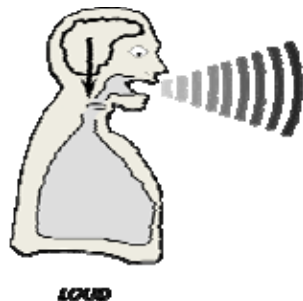
1201 S. Miller St.
Wenatchee, WA

Rehab Services Entrance off Fuller St.

509-433-3212

What is LSVT LOUD™?

“Speak Loud!” is an effective speech treatment for individuals with Parkinson’s disease and other neurological conditions. LSVT LOUD™, named for Mrs. Lee Silverman (Lee Silverman Voice Treatment), was developed in 1987 and has been studied for nearly 30 years. Evidence shows improvements in vocal loudness, intonation, and voice quality for individuals with Parkinson’s who participated in LOUD, with improvements maintained up to 2 years after treatment. Recent evidence has also documented the effectiveness of LOUD in improving the common problems of articulation, lack of facial expression, and impaired swallowing.



What is LSVT BIG™?

The “Think BIG!” protocol was developed specifically to address the unique movement impairments of people with Parkinson’s. The program is both intensive and complex, with many repetitions of core movements that are used in daily living. Amplitude training (bigness) of limb and body movement leads to improvements in trunk rotation and gait that carryover into improved speed, balance, and quality of life.

Exercise is medicine. Engaging in moderately intense exercise produces proteins in the brain that can slow and even stop the progression of neurological disease. The BIG Program capitalizes on these benefits.

