



**LSVT BIG™**



Lakeside Comprehensive  
Rehabilitation

601 E Main Street  
Hart, MI 49420

Phone: 231.873.3577

Fax: 231.8733557

[www.lakesiderehab.com](http://www.lakesiderehab.com)

## What is LSVT BIG?

LSVT BIG is a program in training increased amplitude of limb and body movement (Bigness) in people with Parkinson disease. LSVT BIG has documented improvements in amplitude (trunk rotation/gait) that generalized to improve speed (upper/lower limbs), balance, and quality of life.

## Where can I learn more about LSVT BIG?

Here at Lakeside Comprehensive Rehabilitation in Hart we are excited to announce we have 3 individuals certified in the LSVT BIG program. Two in PT and one in OT. Please stop in or call to find out more about how our therapy services can help to achieve your maximum functional mobility. Or visit our website [www.lakesiderehab.com](http://www.lakesiderehab.com) for more info. You can also find more information on LSVT BIG at [www.lsvtglobal.com](http://www.lsvtglobal.com)

# LSVT BIG

## What is LSVT BIG?

LSVT BIG is a standardized treatment protocol designed for the treatment of Parkinson disease, which is customized to the unique goals of each patient including both fine and gross motor skills. LSVT BIG can be adapted or progressed in order to meet each patients needs across a range of disease severity and presenting impairments.

## What does LSVT BIG treatment consist of?

1. 16 high intensity sessions: 4 days a week for 4 weeks.
2. Individual 1 hour sessions
3. Daily homework practice.
4. Daily carryover exercises.

## What are some of the benefits following the LSVT BIG program?

Research on LSVT BIG with funding from the National Institutes of Health has documented improved ratings on tests of motor function including faster walking with bigger steps, improved balance, increased trunk mobility including rotation, improvements in activities of daily living such as buttoning a shirt and getting out of bed, and improved Unified Parkinson Disease Rating Scale (UPDRS).

## How can I find more information on the LSVT BIG Program?

Here at Lakeside Comprehensive Rehabilitation in Hart we are excited to announce we have 3 individuals certified in the LSVT BIG program. Two in PT and one in OT. Please stop in or call to find out more about how our therapy services can help to achieve your maximum functional mobility. You can also find more information on LSVT BIG at [www.lsvtglobal.com](http://www.lsvtglobal.com) which is a wealth of knowledge

## Select References:

Ebersbach, G., Ebersbach, A., Edler, D., Kaufhold, O., Kusch, M., Kupsch, A., & Wissel, J. (2010). Comparing exercise in Parkinson's disease--the Berlin LSVT@BIG study. *Movement Disorders*, 25, 2478.

Fox C., Ebersbach G., Ramig L., Sapir S. LSVT LOUD and LSVT BIG: Behavioral Treatment Programs for Speech and Body Movement in Parkinson Disease. *Parkinsons Dis*. 2012; 2012:391946. Epub 2012 Mar 15.

Janssens J., Malfroid K., Nyffeler T., Bohlhalter S., Vanbellinghen T. Application of LSVT BIG intervention to address gait, balance, bed mobility, and dexterity in people with Parkinson disease: a case series. *Phys Ther*. 2014 Jul; 94(7):1014-23.