

We are here to help improve your function, independence and quality of life.

Find your strength.



WHAT IS LSVT BIG®?

LSVT BIG® is a standardized treatment protocol for individuals with Parkinson's disease (PD) and other neurological conditions. This treatment is customized to the unique goals of each patient targeting both gross and fine motor skills. LSVT BIG can be adapted or progressed in order to meet each patient's needs across a range of disease severity and presenting impairments.

Individuals with PD may experience a variety of physical symptoms associated with the diagnosis.

SOME OF THESE PROBLEMS MAY INCLUDE:

- Slowness and smallness of movement
- Functional mobility challenges (difficulty rising from a chair or rolling in bed in a safe fashion)
- Decreased balance
- Changes in ability to perform fine motor tasks (writing and buttoning)

BENEFITS OF LSVT BIG®:

- Faster walking with bigger steps
- Improved balance
- Increased trunk rotation
- Improvements in daily living

LSVT BIG® TREATMENT CONSISTS OF:

- 16 sessions: 4 days per week for 4 weeks
- Individual 1 hour sessions
- Daily homework practice
- Daily carryover exercises

To learn more about how this program can help you establish a life-long habit of improved movement and mobility, please contact the following clinician for additional information or to set up an evaluation.

Kaitlyn Cashman, PT, DPT
Phone: 617.952.6293
Email: KCashman1@partners.org

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SPAULDING™
OUTPATIENT CENTER
BOSTON



WHAT IS LSVT LOUD®?

LSVT LOUD® is an effective speech treatment for individuals with Parkinson's disease (PD), other neurological conditions, and children. Eighty nine percent of individuals with Parkinson's disease will have problems with speech that begin early in the disease process and progressively diminish their quality of life.

SOME OF THESE PROBLEMS MAY INCLUDE:

- Soft voice
- Mumbled speech
- Monotone speech
- Hoarse voice

BENEFITS OF LSVT LOUD® :

- Improved vocal loudness
- Increased facial expression
- Improved speech intelligibility
- Improved confidence

LSVT LOUD® TREATMENT COSISTS OF:

- 16 sessions: 4 days per week for 4 weeks
- Individual 1 hour sessions
- Daily homework practice
- Daily carryover exercises

*Patients should have had a recent appointment with their ENT or physician to check for any vocal fold impairments.

While medicine and neurosurgery do not typically help both of these disorders, the most effective way to improve them is through speech therapy. Our experienced and certified LSVT Loud® clinicians are trained in this standardized treatment protocol which is backed by more than 20 years of researched funded by the National Institute of Health (NIH).

To learn more about how these programs can help you establish a life-long habit of improved voice, speech and communication skills, please contact the following clinician for additional information or to set up an evaluation.

Rachael Licker M.S. CCC-SLP
Speech Language Pathologist-Clinical Specialist
Phone: 617.952.6275
Email: rlicker@partners.org



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REHABILITATION NETWORK



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