

LSVT BIG = BIG Exercise!

Research suggests that you should NOT wait until you begin to experience disability, impaired function, or loss of balance to start exercise-based physical and occupational therapy.

LSVT BIG techniques train individuals with Parkinson disease and other neurological conditions to use bigger movements anywhere, anytime in daily living. This empowers individuals with the potential they have to keep moving and stay active.



It is essential that **LSVT BIG** treatments are delivered by physical and occupational therapists who are certified in this method, therapists like those at



LSVT BIG™

Certified Clinician



Request

Physical Therapy At Parkinson Place

5969 Cattleridge Blvd.
Suite 100
Sarasota, FL 34232

Phone: (941) 377 - 2700
Fax: (941) 377 - 2711
www.RequestPT.com

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Physical Therapy At Parkinson Place

Physical/Occupational Therapy for Parkinson Disease and Neurological Conditions

(941) 377 - 2700



LSVT BIG™

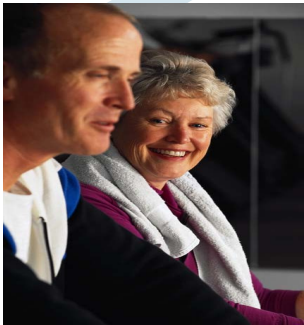
Certified Clinician

LSVT BIG™

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LSVT BIG is an evidence-based treatment approach for individuals with Parkinson disease and other neurological disorders. It's a research-based exercise approach developed and scientifically researched over the past 20 years with funding from the National Institutes of Health.

Research on **LSVT BIG** has documented improved ratings on tests of motor functioning in people with Parkinson disease following their treatment. Improvements include:



- Faster walking with bigger steps
- Improved balance
- Increased trunk rotation

LSVT BIG is a standardized treatment protocol administered by therapists who have been certified in an intensive whole body amplitude-based training protocol aimed specifically at helping people with Parkinson disease.

LSVT BIG Treatment Consists of:

- 16 Sessions (four consecutive days per week for four weeks)
- Individual one-hour sessions
- Daily homework practice
- Daily carryover exercises

LSVT BIG Treatment:

- Trains a single target of amplitude (bigger movements)
- Drives intensive and high-effort practice
- Teaches the amount of effort required to produce normal movements
- Translates bigger movements into real-world, everyday activities
- Empowers PD patients with their potential to improve!

LSVT BIG will teach you how to avoid inactivity and keep your movements ALIVE during everyday activities. It will help you participate fully and improve the quality of your life!

**Make
the Commitment
Today!**

LSVT BIG will help you establish a life-long habit of BIG Practice.



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