

LSVT LOUD vs. LSVT BIG

What is LSVT LOUD

LSVT LOUD is a speech treatment for people with Parkinson's Disease. This therapy focuses on increasing vocal loudness by retraining the brain to speak at a normal volume. LSVT LOUD also helps you become more comfortable with a voice that you can use without causing straining or yelling. LSVT LOUD is provided by a licensed speech and language pathologist.

What is LSVT BIG

LSVT BIG is a physical/occupational therapy method for people with Parkinson's Disease. This therapy focuses on increasing movement size and speed by retraining the brain to move at a larger and faster rate. LSVT BIG will also help you become more confident in your abilities to move around your environment and out in public. LSVT BIG is provided by a licensed physical or occupational therapist.

Treatment Dosage

Both LSVT LOUD and LSVT BIG are delivered with the same intensity. The minimum dosage occurs as 1 hour sessions, 4 consecutive days per week for 4 weeks.

When Should I Start Either LSVT Protocol?

Professionals who work with Parkinson's patients all agree that the earlier they start LSVT LOUD and LSVT BIG the better for their overall longevity while living with the disease!

Receiving Both Therapies

You can receive both LSVT LOUD and LSVT BIG at the same time however they cannot occur during the same treatment sessions. EACH therapy will occur for one hour a day, 4 consecutive days per week for four consecutive weeks.

Can LSVT Help With All Disease Stages

Yes. LSVT LOUD and LSVT BIG can be utilized to improve speech and movement for individuals with all stages of Parkinson's Disease. The LSVT provider will tailor the therapy activities to meet each person's current level of function.