

Living Large Program: Inpatient Intensive Treatment for Veterans with Parkinson's Disease

LSVT BIG[®], SPEAK OUT![®] and LSVT LOUD[®] Treatment Program

About Living Large

- 5-week inpatient program, must be independent with self-cares and mobility
- Aimed at treatment of Parkinson's Disease using Lee Silverman Voice Treatment (LSVT) BIG[®] and LSVT LOUD[®]/SPEAK OUT![®] protocols, led by trained and certified therapists
- LSVT protocol focuses on intensive exercise, voice, and activity-based therapy

What is LSVT BIG[®]?

- Intensive movement-based therapy protocol
- Daily 1-hour sessions with occupational or physical therapy
- 16 sessions: 4 consecutive days a week for 4 weeks
- Independent, daily homework
- Daily carryover movements and activities unique and specific to each participant

What are LSVT LOUD[®] & SPEAK OUT![®]?

- Intensive voice therapy
- 3-4 sessions per week for 4 consecutive weeks with a speech therapist
- Independent, daily homework

Program Structure

- Week 1: Initial interdisciplinary evaluations
- Weeks 2-5: Intensive voice and movement therapy coupled with adjunctive group and individual therapies

Program Outcomes

After completion of the Living Large Program, participants saw an average increase of:

- 25.4 points on the Unified Parkinson's Disease Rating Scale (UPDRS) (13 point increase is considered statistically significant)
- 0.24 meters per second (m/s) in walking speed (0.18 m/s increase is considered statistically significant)
- 5.6 points on the Physical Performance Test (PPT) (2.5 point increase is considered statistically significant)
- 8.63 decibels (dB) increase in voice loudness (people with Parkinson's Disease are approximately 2.0-4.0 dB quieter than those without Parkinson's Disease on average)

For More Information Contact:

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- Visit www.LSVTGlobal.com