

What is LSVT BIG®?



LSVT BIG® is a research-based exercise program for people with Parkinson's disease, but may also benefit other associated movement disorders.

The *LSVT BIG®* Program was developed over 20 years through rigorous scientific research funded by the National Institutes of Health.

Research on *LSVT BIG®* has shown improvements including:

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

Conveniently located in the center of Barrington:



Contact Us at the Following:

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www.mcvayphysicaltherapy.com



We accept most insurances: Blue Cross/Blue Shield, United Health, Worker's Comp., Medicare, Tufts, Aetna, Cigna, and Harvard Pilgrim

On parle français.
Se habla español.
Falto português.



LSVT BIG®



Therapy for Parkinson's Disease and other neurological disorders

How does it work?

The *LSVT BIG®* program implements key principles of exercise that drive **activity-dependent neuroplasticity**.

- Trains a single target of Amplitude
- Drives Intensive High Effort Practice
- Teaches the amount of effort required to produce normal movement
- Translates BIGGER movements into real world, everyday activities



LSVT BIG® treatment consists of:

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

*Upon completion of LSVT BIG® training we recommend regular “tune-ups” every 3-6 months to make sure you keep moving BIG both at home, and in your community.

“It is possible to take charge of your life, even with Parkinson’s.

It is possible for your will to override your brain.

It is possible to have Power Over Parkinson’s”

—Sharon Kha, LSVT BIG and LSVT Loud Graduate

LSVT BIG® will teach you how to remain active and improve the quality of your life!

You should NOT wait until you begin to experience impairments or disability associated with Parkinson’s disease before starting exercise-based therapy.

It is essential that LSVT BIG treatments are delivered by physical or occupational therapists who are certified in this method.

- Admission to the program is by physician referral



Dr. Christopher Grant DPT, CSCS
LSVT BIG® Certified Clinician

Don’t Lose it! Use it! And improve it!

