

## LSVT- LEE SILVERMAN VOICE TREATMENT

The LSVT program is designed to improve mobility, flexibility, strength, balance, and speech deficits associated with Parkinson's Disease.

For more information or to schedule an evaluation, please call Central Authorization and Scheduling at 609.463.CAPE.

# LSVT REHABILITATION

*FOR PARKINSON'S DISEASE*



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## WHAT IS LSVT?

LSVT (Lee Silverman Voice Treatment) is a specialized 16 session treatment program designed to help those suffering from the effects of Parkinson's Disease.

The program is designed to improve mobility, flexibility, strength, balance, and speech deficits associated with Parkinson's Disease.

There are two main components of LSVT

**LSVT BIG**- focuses on "big", broad, exaggerated movements. Most people suffering from motor deficits from Parkinson's demonstrate small, shuffling, limited gait patterns. The LSVT program is a 16-day fairly rigorous exercise program with specific attention to "retune" the brain into moving "BIG". The goal of the program is to improve confidence, strength, coordination, posture, walking ability, and ultimately help people regain the ability to overcome obstacles that impact their daily life.

**LSVT LOUD**- focuses on improving voice quality and volume, thus improving loudness and clarity with speech. The goal of the "LOUD" program is to enhance all aspects of speech and communication. A pre-course assessment is used to determine appropriateness. Candidates who do not meet the specific requirements of the "LOUD" program can be recommended for less demanding, more traditional therapy treatment.

Fortunately for Cape Regional Medical Center as well as the residents and visitors of Cape May County, we have four certified LSVT specialists covering all three disciplines: Physical Therapy, Occupational Therapy, & Speech Therapy.

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