

What is LSVT LOUD® and LSVT BIG®

Clinicians at FirstHealth Outpatient Rehabilitation Center are certified and experienced in the delivery of LSVT® BIG and LOUD (Lee Silverman Voice Treatment). LSVT® BIG and LOUD programs are designed for patients learning to live with Parkinson's disease and associated neurological disorders at all stages and levels of severity by aggressively treating the symptoms of the disease and empowering the patient to think BIG and LOUD.

LSVT® LOUD therapies help to improve the oral communication skills of individuals with Parkinson's Disease and associated neurological disorders (i.e., MS, CP, TBI, CVA). LSVT® patients become more effective at communicating with others which then greatly increases excitement about communicating after treatment. The LSVT® LOUD program is an intensive voice treatment program that incorporates muscle exercise and exaggeration of volume in voice training to achieve the goal for patients to speak LOUD. It does not train people to shout or yell; rather, the treatment uses loudness training to bring the voice to an improved, more normal vocal level. LSVT® BIG applies the principles and approach of LSVT® LOUD to improve major motor skills such as walking, moving of the arms and legs, and balance.

LSVT® BIG training increases the size of limb and body movement ("bigness") which leads to improvements in the quality and speed of movement, balance, and quality of life. The program utilizes many repetitions of movements that are used in daily living with varying complexity and intensity to improve carryover once patients complete the program.

How do I get started with LSVT Therapy? You will need a doctor's order for an LSVT LOUD (speech) or BIG (occupational or physical) evaluation and treatment. Most insurance plans provide coverage for LSVT Therapy as part of rehabilitation benefits. We will verify your benefits prior to starting therapy.

For more information or to schedule an appointment, call the FirstHealth Outpatient Rehabilitation at (910) 715-2600.

Because this program is a specialty program requiring therapists to be certified, it is offered at two sites.

LSVT Loud and Big

FirstHealth Rehabilitation—Avimore Drive Center
12 Avimore Drive, Pinehurst NC 28374 • (910) 715-2600

When you need Rehab...You need FirstHealth

www.firsthealth.org/rehab



Kelly Reynolds, SLP, Amy Hilburn, P.T., Cindy Sayce, O.T.
FirstHealth Rehabilitation Certified LSVT Therapists

FirstHealth
REHABILITATION