



Public Webinar Series

Title: **The Science and Practice of LSVT LOUD® and LSVT BIG® (French Translation)**

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Example- Preparing a Meal



Comparing Exercise in Parkinson's Disease — The Berlin LSVT BIG Study (2010, Movement Disorders)

Georg Ebersbach, * Almut Ebersbach, Daniela Edler, Olaf Kaufhold, Matthias Kusch, Andreas Kupsch, and Jo'rg Wissel

EXERCISE IN PARKINSON'S DISEASE

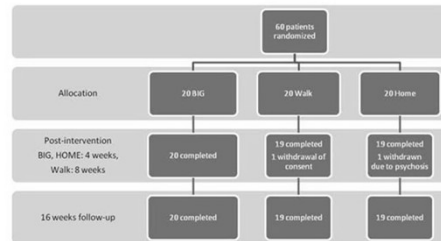


FIG. 1. Disposition of patients.

LSVT BIG TREATMENT GOAL

People with Parkinson disease will use their bigger movements "automatically" in everyday living – and there will be long-term carryover of increased amplitude use!

Comparing Exercise in Parkinson's Disease — The Berlin LSVT BIG Study (2010, Movement Disorders)

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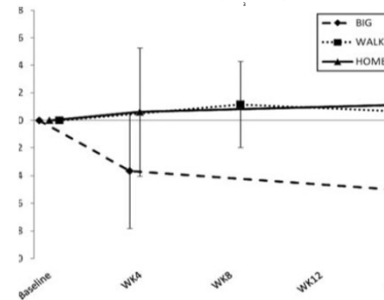


FIG. 2. UPDRS motor score (blinded rating), mean change from baseline (vertical bars 5 standard deviations). Change between baseline and follow up at week 16 was superior in BIG (interrupted line) compared to WALK (dotted line) and HOME (solid line), $P < 0.001$. ANCOVA did not disclose significant differences between in intermediate and final assessments.

LSVT BIG: Data

Summary

- Advances in neuroscience have provided neurobiological and behavioral evidence supporting the positive impact of exercise-based protocols in people with PD
- There is a rapidly growing literature in physical therapy/exercise and speech therapy protocols in humans with PD
- LSVT Programs have been developed and studied over the past 20 years
- LSVT BIG and LSVT LOUD are evidence based treatment programs that have potential to offer improvements in movement, voice, speech and quality of life for people with PD

For Patients: How do I locate LSVT Certified Clinicians?

1. www.lsvtglobal.com
 2. Find a Clinician
 3. Advanced Search Options
 - LSVT LOUD (Speech)
 - LSVT BIG (Physiotherapy & Occupational Therapy)
 4. Find your **COUNTRY**
- I agree to the terms and conditions

Then-Ask your doctor for a referral to one of these clinicians!

"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*

For Therapists: How do I become LSVT Certified?

Training is available In-Person or Online!

LSVT LOUD Training and Certification Options

- o **LIVE:** <http://www.lsvtglobal.com/loud-certification>
- o Coming to Reims, France September 25-26! (IN FRENCH!)
- o Coming to Derby, UK November 19-20
- o **ONLINE:** <http://www.lsvtglobal.com/loud-certification>

LSVT BIG Training and Certification Options

- o **LIVE:** <http://www.lsvtglobal.com/big-certification>
- o Coming to Dublin, UK November 6-6
- o Coming to FRANCE 2016! Date TBT (IN FRENCH!)
- o **ONLINE:** <http://www.lsvtglobal.com/big-certification/online-courses>

QUESTIONS?

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www.lsvtglobal.com

Further Information and Resources

- LSVT Before/After Videos
<http://www.lsvtglobal.com/news/video>
- Webinars – FREE for anyone!
 - <http://www.lsvtglobal.com/patient-resources/free-webinars> (ON DEMAND)
 - <http://www.lsvtglobal.com/patient-resources/free-live-webinars> (UPCOMING LIVE WEBINARS)
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