



Public Webinar Series

Title: Tools and tips for maintaining improvements in communication, mobility, and activities of daily living following LSVT LOUD® and LSVT BIG®

**Presenters: Cynthia Fox, PhD, CCC-SLP
Laura Guse, MPT, MSCS**

Date Presented: April 19, 2016

Disclaimer:

The information provided in this webinar and handout is not a substitute for medical or professional care, and you should not use this information in place of a visit, call consultation or the advice of your physician, speech, physical or occupational therapist, or other healthcare provider.

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Tools for maintaining improvements
in communication, mobility, and activities
of daily living following
LSVT LOUD® and LSVT BIG®



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Presented by **LSVT**
GLOBAL



Cynthia Fox, PhD, CCC-SLP
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Plan for Webinar

Logistics (how to ask questions, handouts)

Present Webinar

Question/Answer Session

Survey will automatically launch at the conclusion of the webinar (less than 5 minutes to complete)

Disclosures

All of the LSVT Global faculty have both financial and non-financial relationships with LSVT Global. Non-financial relationships include a preference for the LSVT LOUD as a treatment technique and equipment which will be discussed as a part of this workshop.

Dr. Fox and Ms. Guse are employees of and receive lecture honorarium and travel reimbursement from LSVT Global, Inc. Dr. Fox has ownership interest in LSVT Global, Inc.



STATEMENT ON DISCLOSURE AND CONFLICT: All members of this research team have fully disclosed any conflict of interest. The conflict of interest management plan has been approved by the Office of Conflict of Interest and Commitment at the University of Colorado, Boulder (Ramig, Fox and Halpern).

Objectives of Presentation

- Review the key elements of LSVT LOUD® and LSVT BIG® treatment protocols
- Discuss the importance of establishing good practice habits during the one month of therapy
- Describe post-treatment practice recommendations and explain "tune-up" sessions
- Provide a list of additional tools to assist in maintaining LSVT LOUD and LSVT BIG
 - LOUD for LIFE and BIG for LIFE exercise groups
 - LSVT Homework Helper Videos
 - LSVT Companion

Poll Question 1

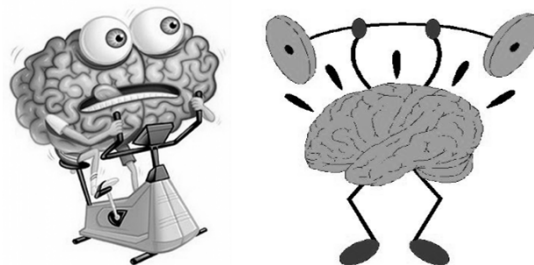
- Who are you?
 - Person with Parkinson's
 - Caregiver or loved one of someone with PD
 - Professional SLP, PT, or OT
 - Graduate Student in Speech, PT, or OT
 - Other

Polling Question 2

- If you are a person with PD, have you ever had:
 - LSVT LOUD
 - LSVT BIG
 - Both

Exercise is VITAL in PD!

Needs to be sufficiently intensive, specific, challenging, consistent, ongoing and meaningful

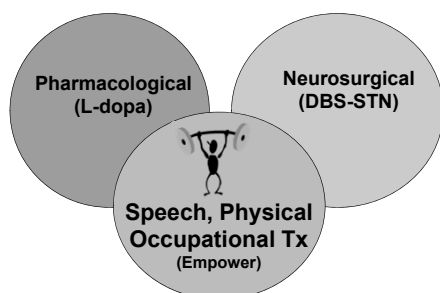


Beall, et al. 2013, Petzinger et al, 2010

www.womeninneuroscience.org

Exercise-based rehabilitation (ST, PT, OT) is becoming a routine part of management in PD

To provide symptomatic relief; improve function



Kleim & Jones, 2008; Kleim et al., 2003; Zigmond et al, 2009

Our work – LSVT Protocols: based on 25 years of federally funded research and clinical experience

- **LSVT LOUD is a speech therapy**
 - Delivered by LSVT LOUD Certified Speech-Language Pathologists
- **LSVT BIG is a physical/occupational therapy**
 - Delivered by LSVT BIG Certified Physical or Occupational Therapists

LSVT Protocols

- Structured, evidence-based, rehabilitative treatment protocols developed specifically for PD
- Adhere to principles of motor learning and activity dependent neuroplasticity
 - Intensive and challenging EXERCISE, specific to the unique features of PD
 - Personalized and specific functional training of voice, mobility and activities of daily living

LSVT LOUD and LSVT BIG are SEPARATE protocols

Each protocol consists of:

Treatment delivered 4 consecutive days a week for 4 weeks (16 sessions in one month's time)

One hour, individual therapy sessions

Daily homework practice and Daily carryover exercises (all 30 days of the month)

Develop a life-long habit of continuous practice

LSVT BIG and LSVT LOUD

Goal for People with PD

You will use your louder voice and bigger movements habitually in everyday living.
Your louder voice and bigger movements will last over time.

LSVT LOUD Treatment Session Summary

Daily Exercises

1. Maximum Duration of Sustained Vowel Phonation (Long Ahs) – 15+ reps
2. Maximum Fundamental Frequency Range (High/Low Ahs) – 15 reps each
3. Maximum Functional Speech Loudness (**Functional Phrases**) – 5 reps of 10 phrases

Hierarchy Exercises

Structured reading – multiple reps, 20+ min.
Off the cuff – bridge the gap to conversation
Build complexity across 4 weeks of treatment towards your long-term communication goal

Homework

Includes all daily exercises and hierarchy exercises
Assigned all 30 days

Carryover Exercises

Use loud voice in real life situations outside of the treatment room
Assigned all 30 days

LSVT BIG Treatment Session

Maximal Daily Exercises

1. Floor to Ceiling – 8 reps
2. Side to Side – 8 each side
3. Forward step – 8 each side
4. Sideways step – 8 each side
5. Backward step – 8 each side
6. Forward Rock and Reach – 10 each side (working up to 20)
7. Sideways Rock and Reach – 10 each side (working up to 20)

Functional Component Tasks

5 EVERYDAY TASKS– 5 reps each

For example:

- Sit-to-Stand
- Pulling keys out of pocket
- Using cell phone

Walking BIG

Distance/time may vary

Hierarchy Exercises

Patient identified tasks: Getting out of bed, Playing golf, Getting in and out of a car
Build complexity across 4 weeks of treatment towards long-term goal

Homework

Includes all daily exercises and hierarchy exercises

Assigned all 30 days

Carryover Exercises

Use loud voice in real life situations outside of the treatment room

Assigned all 30 days

If you received treatment that was any thing other than the dosage, exercises, homework and carryover described – you did NOT receive LSVT. There are no modified versions.

Treatment fidelity is KEY!

If a clinician offers any modified version, don't do it! You will not receive the benefits of treatment we have established in our 25 years of research.

Importance of establishing a homework routine during treatment.

The most important thing about homework is:

By end of treatment patients have a well-established homework routine they **can and will** continue on their own

Homework during treatment

- 10 minutes one other time on treatment days
- 15 minutes twice a day on non-treatment days

Components of Homework

- LSVT LOUD
 - Daily exercises
 - Long ahs
 - High/low ahs
 - Functional phrases
 - Speech hierarchy exercises
 - Carryover Assignments
- LSVT BIG
 - Daily exercises
 - Sustained Exercises
 - Repetitive Stepping and Rocking Exercises
 - Functional Component Tasks
 - BIG walking
 - Carryover Assignments

Homework is NOT optional!
Homework is a KEY to long-term success!
Homework makes you feel better and speak/move better!

After treatment, keep your daily dose of LSVT LOUD and LSVT BIG homework exercises!



The best combination for success!

Does it take effort? YES!

Is it worth the effort? YES!

Will there be days when you don't succeed? YES!

Do the best you can and know your LSVT Clinician is there to help!

Is any type regular, intensive exercise (voice or general) adequate for people who have completed LSVT LOUD and LSVT BIG ?

Regular intensive exercise and activity is very important, but it does NOT replace a daily dose of **LSVT LOUD and LSVT BIG!**

WHY?

- Not all exercise focuses on AMPLITUDE
- Amplitude focused exercise needed EVERY day due to hypokinesia and bradykinesia
- Not all exercise focuses on sensory awareness challenges in people with PD. Recognizing you need to feel **louder** and **bigger** than you think just to be within normal limits!!
- Not all exercises are salient/individualized. Functional phrases/ functional movements as part of LSVT LOUD and LSVT BIG important for long-term carryover.

What about tune-up sessions?

Optimal Wellness Models

DENTAL MODEL

- See the Dentist
 - Restore and improve oral health
 - Preventative care
- Get regularly scheduled cleanings every 3-6 months
- Brush and Floss Daily!

LSVT MODEL

- See your LSVT Certified Clinician
- Restore and improve physical function and communication
- Prevent functional decline
- Get regularly scheduled tune-ups every 3-6 months
- Do your LSVT BIG and LSVT LOUD Exercises Daily!

Six-months Post-treatment

LSVT Clinician should check up with you at 6 months

Some patients may need a check up earlier

You may need:

1. Nothing at all
2. Enhanced motivation
3. Calibration rescaling
4. Tune-up sessions

Tune-up Snapshot

- Reassess performance on outcome measures, and compare to most recent discharge scores.
- Reassess current level of calibration and need for “re-scaling” of vocal loudness or bigness of movement (amplitude).
- Reassess performance and amplitude with daily exercises, functional tasks and communication and/or mobility in real life.

Tune-Up Recommendations

- Establish frequency and number of visits based on assessment findings
 - Range: 0 -16 visits! Average 2-6 visits
 - Continue to follow patients every 3-12 months
 - More Frequent (every 3-4 months): Atypical PD, Cognitive Impairments, with changes to DBS
 - Less frequent: IPD, Young, healthy, very motivated and adherent to HEP, good support, active
 - Remember....PD is forever! You are an important partner on their journey!

Tune-ups are legitimate reimbursable “care” for people with degenerative diseases.

Tools to assist in maintenance of LSVT LOUD and LSVT BIG improvements

Poll Question 3

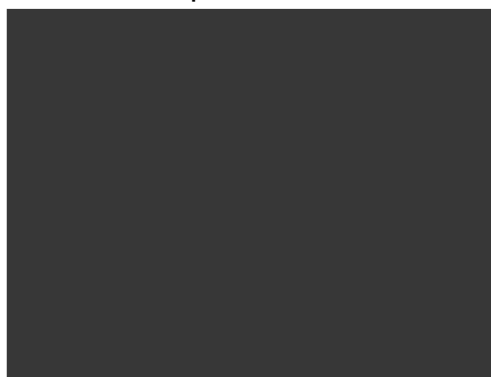
- Have you heard of any of these LSVT Maintenance tools?
 - LSVT LOUD Homework Helper Video
 - LSVT BIG Homework Helper Video
 - LSVT LOUD Post-graduate exercise classes
 - LSVT BIG Post-graduate exercise classes
 - LSVT Companion Home Edition

LSVT LOUD and LSVT BIG Homework Helper Videos

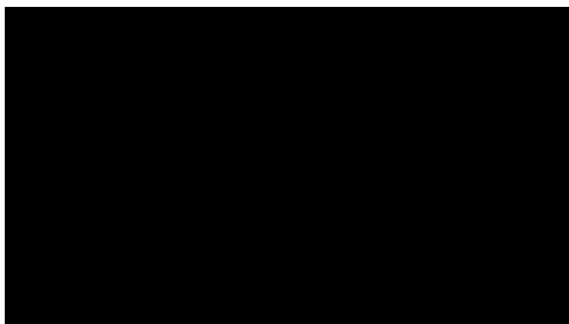


Available NOW!

Video Clip LSVT LOUD HH



Video Clip LSVT BIG HH



Four easy ways to order:

Phone: 1-888-438-5788

Online: www.lsvtglobal.com
(Select Products, then select DVDs)

Amazon: www.amazon.com
(Search LSVT LOUD or LSVT BIG Homework Helper)

Vimeo: www.vimeo.com
(Search LSVT LOUD or LSVT BIG Homework Helper DVD)
Rent or purchase downloadable versions

Promo Code: **PDEVENTS**
Use this code for 40% off price (not rental). Expires 04-30-16

LSVT BIG Homework Helper DVD Volume 2: Seated and Supine Adaptations

- Includes special chapter for caregivers!
- New Exercise pictures
- Coming 3rd Quarter 2016!



Post-graduate groups

- These have been a part of LSVT LOUD or LSVT BIG follow-up for years
- Current group formats are not systematic and not available in all areas
- Groups do NOT replace the need for individual treatment!!!!

LSVT Global Goal: Increase consistency and availability of post-graduate maintenance groups.

Post-graduate groups

LOUD for LIFE™ BIG for LIFE™

- Provide systematic exercises/goals for group exercises
- Offer specialty training to clinicians who are group leaders
- Increase accessibility to maintenance programs globally
- AGAIN – groups are Only for patients who have completed individual LSVT LOUD or LSVT BIG treatment

Post-graduate groups

BIG for LIFE™ and LOUD for LIFE™

- Pilot Launch of Test Group: July 2015-ongoing
- Phase 1: Live training for LSVT BIG and LSVT LOUD Clinicians in Spring of 2016
 - Phase 2: Assess results and expand access to all LSVT BIG and LSVT LOUD Clinicians either live or online
 - Will be able to search the clinician directory to find a group near you – late 2016

LSVT Companion® Home Edition

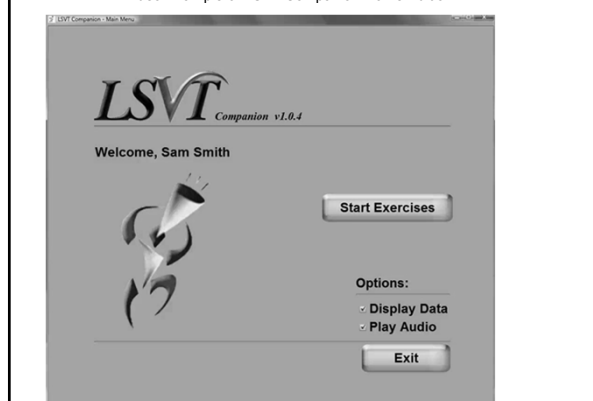


Funded by: NIH-NIDCD & Michael J. Fox Foundation

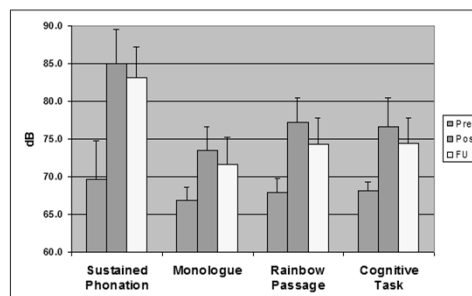
LSVT Companion Key Features

- FDA-cleared medical device
- Must be under care of an LSVT LOUD Certified Clinician (prescription)
- Provides audio and visual feedback based on goals set by the clinician
- Automatically obtains calibrated Sound pressure level (SPL), frequency and duration for treatment and/or homework practice
- Clients can easily e-mail results files (Excel format) for clinician review

Video Example of LSVT Companion Home Edition



LSVT Companion Research



Changes consistent with those reported in previously published data (Halpern et al, 2012, AJSLP)

Summary


- LSVT LOUD and LSVT BIG are evidence based treatments that can have a very positive impact on communication, mobility and activities of daily living
- Homework practice during treatment is a key to success
- Continue practice post-treatment is required for maintenance of skills
- Tune-up sessions are realistic and helpful
- Tools exist to assist in maintenance
 - Videos
 - Post-graduate exercise classes
 - LSVT Companion
- You deserve the care and are worth the effort!!!

Our patients...living proof

“My voice is alive again!” - Lucy R.

“LSVT BIG has changed my life. I can free walk, arise from any armless chair, in or out of a car in a flash, the impact on my life is beyond a miracle.” - Charles H.

How to ask questions

1. Type in the question box on your control panel
2. Raise your hand! (click on the hand icon  in your control panel)
 - Your name will be called out
 - Your mic will be unmuted, then you can ask your question out loud
3. Email info@lsvtglobal.com if you think of questions later!

Thank you!

Questions???



info@lsvtglobal.com

www.lsvtglobal.com

Please complete the survey that will automatically launch at close of webinar.

Additional Resources and Information

For Therapy Professionals:

How to get started with LSVT BIG and LSVT LOUD Training

- For **ONLINE LSVT BIG** or **ONLINE LSVT LOUD**, go to www.lsvtglobal.com and click on LSVT BIG or LSVT LOUD and then "Online Courses". Same content, certification, and CEUs as live course!
- For **IN-PERSON LSVT BIG** or **IN-PERSON LSVT LOUD** go to www.lsvtglobal.com and click on LSVT BIG or LSVT LOUD to find course locations.

For People with Parkinson's:

How to get started with LSVT BIG and LSVT LOUD

- Ask your doctor for a referral and a prescription for a speech or physical/occupational therapy **evaluation** and **treatment**
- Visit www.lsvtglobal.com and click on "find a clinician" to find an LSVT LOUD or LSVT BIG Certified Clinician in your area
- If you need assistance finding a clinician, call our office and we will help. 1-888-438-5788

LSVT LOUD Live Trainings 2016

Full schedule at www.lsvtglobal.com

Updates as year progresses

April 1 - 2, 2016	Minneapolis, MN
April 9 - 10, 2016	São Paulo, BR
April 21 - 22, 2016	Dallas, TX
May 13 - 14, 2016	Cherry Hill, NJ
June 17-18, 2016	Berlin, Germany
June 24 - 25, 2016	London, UK
July 16-17, 2016	Tokyo, Japan
August 4-5, 2016	New York, NY
August 26-27, 2016	Mainz, Germany
December 1 - 2, 2016	New York, NY

Every live workshop (LSVT BIG and LSVT LOUD) offers free patient symposiums on day 2! To register please go to www.lsvtglobal.com → Patient Resources → Patient Symposium

LSVT BIG Live Trainings 2016

Full schedule at www.lsvtglobal.com
Updates as year progresses

March 17 - 18, 2016	East Midlands, UK
April 9 - 10, 2016	St Louis (Creve Coeur), MO
April 16 - 17, 2016	Columbus, OH
April 30 - May 1, 2016	Minneapolis, MN
April 30 - May 1, 2016	Beelitz, Germany
May 14- 15, 2016	Orlando, FL
May 21-22, 2016	Crown Point, IN
June 10 - 11, 2016	Cherry Hill, NJ
June 17-18, 2016	Berlin, Germany
July 9-10, 2016	Tokyo, Japan
August 6-7, 2016	New York City, NY
August 20 - 21, 2016	Traverse City, MI
August 27- 28, 2016	Austin, TX
October 1 - 2, 2016	Cherry Hill, NJ
October 29-30, 2016	Beelitz, Germany
November 19-20, 2016	Nuremburg, Germany
December 2-3, 2016	New York City, NY

Parkinson Events 2016

- National Participating Partner in **Partners in Parkinson's: Michael J Fox Foundation** www.partnersinparkinsons.org
 - March 19: Birmingham, Alabama
 - May 14: Oakland, California
 - June 4: Cincinnati, Ohio
 - October 1: New York, New York
- Corporate Sponsor for the **Victory Summit Symposia Series: Davis Phinney Foundation**
- www.davisphinneyfoundation.org/victory-summit/
 - April 30: Vancouver, BC, Canada
 - October 8: Sacramento, CA

Parkinson Events 2016

- Sponsor for the **Parkinson's Unity Walk** www.unitywalk.org
Saturday, April 23, 2016
- **World Parkinson Congress** <http://www.wpc2016.org/>
Portland, OR from September 20 – 23, 2016

Webinars 2016

Turn up the Gain: Are you getting what you should be getting out of LSVT LOUD® and LSVT BIG®?
Date/Time: 5/11/16, 2:00 p.m. EDT

Atypical Parkinsonian Disorders: Can LSVT LOUD® and LSVT BIG® be effective?
Date/Time: 6/8/16, 2:00 p.m. EDT

Freezing in PD: "Tricky, Sticky Situations: I'm not cold, but my feet want to stick and my words won't come out!"
July 13, 2016 2:00 p.m. EDT

Exercise is great, but how will that improve my function?
August 10, 2016 2:00 p.m. EDT

Overcoming Barriers to Accessing LSVT BIG® and LSVT LOUD® Treatment
September 14, 2016 2:00 p.m. EDT

www.lsvtglobal.com → Patient Resources → FREE Live or FREE On Demand Webinars

LSVT LOUD App (Free)

- Patient App
 - What happens when you get loud?
 - Homework reminder
- Clinician App
 - Clinical tools
 - Treatment guide

COMING SOON!