



LSVT Global® Public Webinar Series

Title: **BIG for LIFE® and LOUD for LIFE®: Group maintenance classes post LSVT treatments**

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BIG for LIFE® and LOUD for LIFE®: Group maintenance classes post LSVT treatments



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Disclosures

- All of the LSVT LOUD & BIG faculty have both financial and non-financial relationships with LSVT Global.
- Non-financial relationships include a preference for the LSVT LOUD & BIG as a treatment techniques.
- Financial Relationships include:
 - Ms. Halpern is an employee of and Ms. Cianci is a consultant for LSVT Global, Inc. Ms. Cianci and Ms. Halpern receive lecture honorarium and travel reimbursement from LSVT Global, Inc.

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Plan for Webinar

- Logistics
- Presentation of Content
- Address your questions
- Survey

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Information to Self-Report CE Activity

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- Attendance for the full hour is required to earn a certificate.



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Instructor Biographies

Angela Halpern, MS, CCC-SLP
Ms. Halpern is Chief Clinical Officer of LSVT LOUD and a research associate with Dr. Ramig's research team at the National Center for Voice and Speech in Denver, CO. She received her master's degree in the Department of Communication Science and Disorders at the University of Pittsburgh and has been LSVT LOUD Certified since 1997. Ms. Halpern has worked extensively in the area of neurogenic disorders with a specialty in Parkinson disease. She has presented at national and international conferences and authored and co-authored publications related to voice and speech in Parkinson disease.

Heather Cianci, PT, MS, GCS
Ms. Cianci is the founding therapist of the Dan Aaron Parkinson's Rehab Center at Pennsylvania Hospital in Philadelphia, PA. She received her bachelor's in PT from the University of Scranton in Scranton, PA and her master's in gerontology from Saint Joseph's University in Philadelphia. Heather received her GCS in 1999. She was certified in LSVT BIG in 2007 and is the Co-coordinator and PT Faculty for the Parkinson Foundation's (PF) Allied Team Training for PD. She has authored book chapters on rehabilitative strategies for PD, and Frontotemporal Degeneration and is the author of an educational manual on fitness for the PF. Heather has lectured for various state Physical Therapy Associations, the PF, national continuing education companies, and Philadelphia-area universities, conferences and support groups about PD. Her research includes movement strategies for bed mobility, falls, freezing of gait, and functional movement disorders.

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Objectives of Presentation

Briefly Review LSVT LOUD® and LSVT BIG®, including the components necessary for long-term treatment success

Discuss the importance of ongoing practice and potential tools to assist in client maintenance post-discharge

Describe the elements of LOUD for LIFE® and BIG for LIFE® group maintenance classes, and how to become involved!

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Poll #1. Who is joining us?

- Person with Parkinson's
- Family member, friend or caregiver
- Physical or Occupational Therapist
- Speech Therapist
- Other

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Poll #2
If you are a person with Parkinson's - have you received LSVT LOUD or LSVT BIG?

Yes

No

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What are the fundamentals of LSVT LOUD and LSVT BIG?

Standardized, research-based, specific protocols

TARGET: Bigness or Loudness (amplitude)

MODE: Intensive and High Effort

CALIBRATION: Generalization

- Sensory
- Internal cueing
- Neuropsychological changes

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Target: AMPLITUDE
One common rehabilitation goal

Speech Therapy

Occupational Therapy

Physical Therapy

- Evaluation
- Treatment
- Life-long follow-up

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LSVT LOUD and LSVT BIG Treatment

- Each treatment is delivered 4 consecutive days a week for 4 weeks
- Individual 1 hour sessions by LSVT Certified Therapists found in all practice settings
- Daily homework practice (all 30 days of the month)
- Daily carryover exercises (all 30 days of the month)

LIFE LONG HABIT OF PRACTICE IS ESTABLISHED!

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LSVT LOUD Treatment Session Summary

Daily Exercises	Hierarchy Exercises
1. Maximum Duration of Sustained Vowel Phonation (Long Ahs) – 15+ reps	Structured reading – multiple reps, 20+ min. Off the cuff – bridge the gap to conversation
2. Maximum Fundamental Frequency Range (High/Low Ahs) – 15 reps each	Build complexity across 4 weeks of treatment towards your long-term communication goal
3. Maximum Functional Speech Loudness (Functional Phrases) – 5 reps of 10 phrases	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

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LSVT BIG Treatment Session Summary

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, Functional Component Tasks and BIG walking assigned all 30 days

Carryover Exercises

Use bigger movements in real life situations outside of the treatment room

Assigned all 30 days

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LSVT BIG and LSVT LOUD

Goals for People with PD

People with PD will use their bigger movements and louder voice “automatically” in everyday living – and there is long-term carryover of increased amplitude use!

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Frequently asked questions:

What do I do *after* LSVT?

Will I be able to keep it up?

I already (sing, box, workout, dance, etc.). Is that enough?

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After treatment, continue daily dose of LSVT homework exercises!

The best combination for success!

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Optimal Wellness Models

DENTAL MODEL	LSVT MODEL
<ul style="list-style-type: none"> • See the Dentist <ul style="list-style-type: none"> • Restore and improve oral health • Preventative care • Get regularly scheduled cleanings every 3-12 months • Brush and Floss Daily! 	<ul style="list-style-type: none"> • See your LSVT BIG/LOUD Certified PT, OT or SLP <ul style="list-style-type: none"> • Restore and improve physical function and communication • Prevent functional decline • Get regularly scheduled tune-ups every 3-12 months • Do your LSVT BIG or LOUD Exercises Daily!

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...Clinically one of the *challenges* many people with PD face following therapy is how to maintain treatment effects over time and **keep exercising.**

- No longer regularly attending therapy
- Disease progression
- Other medical complications
- The feeling of “I’m doing well, I don’t need to do this anymore.”
- Lack of motivation
- Sensory impairment impacting quality of practice

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The Importance of Exercise in PD

Regular intensive exercise in PD is recommended for improved and maintained function

- mobility
- balance
- strength
- endurance
- flexibility

Ebersbach et al., 2010; Farley et al., 2008; Allen et al., 2011; Li et al., 2012; Schenkman et al., 2012; Dibble et al., 2006

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Are you getting enough exercise?

- Greater than 150 minutes per week of exercise in people with Parkinson disease (PWP) is associated with:
 - Improved mobility
 - Improved quality of life
 - Improved cognition
 - Decreased disease progression

Activity levels for people with PD are 1/3 less than people without PD

AND

Even many people without PD do not exercise enough!
60% of Americans over the age of 65 do not partake in the recommended daily amount of physical exercise

Oguh et al., 2014

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While Regular Intensive Exercise is very important, it does NOT replace a “daily dose” of LSVT BIG or LSVT LOUD.

Both are needed!

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WHY???

TARGET:

- Not all exercise focuses on AMPLITUDE
- Amplitude focused exercise needed EVERY day due to hypokinesia and bradykinesia

MODE:

- Not all intensive exercise is intensive across the “spectrum”. Consider intensity of training in terms of amplitude, balance, endurance, strength, complexity, etc.

CALIBRATION:

- Kinesthetic awareness problems, difficulties with internal cuing and neuropsychological changes persist. People with PD need that daily reminder of how it FEELS to move BIG/talk LOUD. AND, it MUST be salient to them!! Functional skill/task specific practice is crucial!

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Daily Exercise & Activity is a Challenge for Everyone!

- Self- Consciousness
- Support System
- Weather
- Transportation
- Knowledge & Experience with Exercise
- Fatigue
- Beliefs
- Goals
- Fear
- Time




Forkan et al., 2006; Schutzer et al., 2004; Trost et al., 2002

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How can we Overcome These Barriers?

By providing people with Parkinson’s long-term support to help maintain gains and reinforce learning from LSVT BIG and LSVT LOUD

 By providing LSVT clinicians with:

- Information and resources needed to run a maintenance class that is successful and high quality
- Assurance that the fidelity of the LSVT BIG/LOUD exercises are being maintained in post-LSVT BIG/LOUD exercise classes

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Resources to help with maintenance of LSVT LOUD & LSVT BIG may include:

- Audio or Video Tapes made by the therapist
- Signs and Visual Reminders
- LSVT LOUD and LSVT BIG Home Practice Videos
- LSVT Companion
- AND.....

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LOUD for LIFE® and BIG for LIFE®

Group exercise maintenance classes specifically for people who have completed the **FULL LSVT LOUD or LSVT BIG Protocol!**

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- Community Based
- Led by LSVT BIG/LOUD Certified Therapists “acting as” fitness professionals
- Cash Based

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LOUD for LIFE & BIG for LIFE are NOT:

- Skilled therapy
- Billed as group therapy
- For people who have not yet received LSVT LOUD or LSVT BIG
- A replacement for LSVT LOUD or LSVT BIG treatment

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LOUD for LIFE Class: What Happens?

Check in, discuss home practice from previous week and assign new home practice.

Daily Exercises:

1. Maximum Duration of Sustained Vowel Phonation (**Long Ahs**) – 6+ reps
2. Maximum Fundamental Frequency Range (**High/Low Ahs**) – 6+reps each
3. Maximum Functional Speech Loudness (**Functional Phrases**) – 1 rep of 10 phrases

Catch Phrases; Choral Reading

Challenge: Add Motor and Cognitive Tasks while doing Daily Exercises

Motor: Big arm and leg movements while standing and sitting; walking around; snap/clap sequences.

Cognitive: Count Backwards by 3; Generate words by category or letter; Memory Tasks

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LOUD for LIFE Class: What Happens?

Communication/Cognitive Activities


Activities are:

Salient: Focused on communication/cognitive goals of the class

Intensive: Keep everyone talking, no downtime!

Focused on Calibration: Reinforce effort and loudness needed in everyday life!

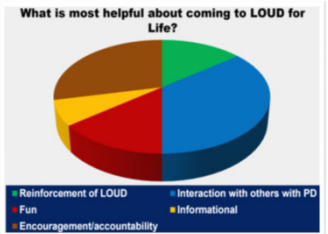
Home and Daily Life
Gold Level Competitions!



Plays; Murder Mystery Parties; Coffee House; Impromptu Speeches; Poetry Readings; Book/Restaurant Reviews; Conversation Activities in a fun and motivating environment!

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LOUD for LIFE Client Feedback



100% (7/7) of participants reported decreased practice when not attending LOUD for LIFE over a holiday break.

"LOUD for LIFE not only reinforces all we learn in LOUD but carries those concepts into the real world, forcing us to practice LOUD in a truly social, real world situation."

Halpern, et al., 2016, ASHA

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BIG for LIFE – What happens in Class?

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
7. Sideways Rock and Reach – 10+ each side

Some people stand and other sit


Function Focused Exercise

- Sit to Stand- 5 reps
- 1 to 4 "Other" Functional Component Task practice
- Complex task practice

BIG Walking
Distance/time may vary

(Cool Down)

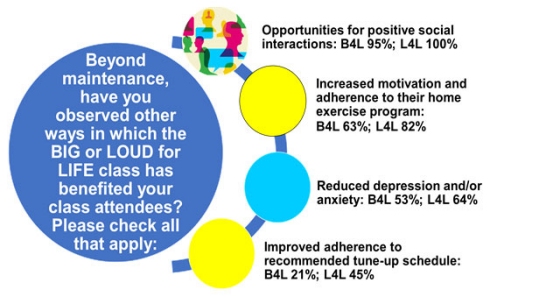
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- Exercises are meant to be FUN and FUNctional!
- Music can be used – ask your group to vote each week
- Reinforcing the WHY of what the exercises are helping you with
- Functional tasks can be chosen by group members
- Walking can be together or separate
- Challenges include brain games or adding extra tasks while keeping movements BIG

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BIG and LOUD for LIFE Class Leader Feedback



Beyond maintenance, have you observed other ways in which the BIG or LOUD for LIFE class has benefited your class attendees? Please check all that apply:

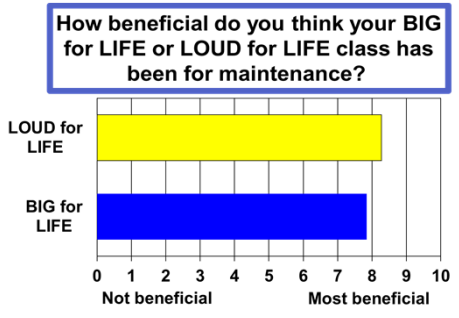
- Opportunities for positive social interactions: B4L 95%; L4L 100%
- Increased motivation and adherence to their home exercise program: B4L 63%; L4L 82%
- Reduced depression and/or anxiety: B4L 53%; L4L 64%
- Improved adherence to recommended tune-up schedule: B4L 21%; L4L 45%

"This program has facilitated wonderful relationships, laughter, and improved social engagement."
"People really enjoy doing this program. Classes are a big motivator for patients."

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BIG and LOUD for LIFE Class Leader Feedback

How beneficial do you think your BIG for LIFE or LOUD for LIFE class has been for maintenance?



Class	Beneficiality Score
LOUD for LIFE	8
BIG for LIFE	7

0 1 2 3 4 5 6 7 8 9 10
Not beneficial Most beneficial

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LOUD for LIFE and BIG for LIFE Goals

PRIMARY GOALS

- Support regular practice of LSVT LOUD & LSVT BIG Exercises and BIG movements/LOUD voice to help maintain treatment gains over time!
- Enhance motivation to exercise in a fun way!

SECONDARY GOALS

- Provide social interaction
- Reduce care partner burden
- Promote general wellness and reduce overall healthcare costs
- Provide opportunities for peer interactions to reinforce calibration



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BIG for LIFE and LOUD for LIFE do NOT replace the need for LSVT BIG/LSVT LOUD treatment, DAILY home practice, OR Tune-Ups!

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Don't just make sure you are FIT...



Make sure you are fit AND continue to move & speak with more normal amplitude in daily life!



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How Do I Locate LSVT Certified Clinicians or LOUD for LIFE and BIG for LIFE classes??

1. www.lsvtglobal.com
2. Click on **FIND LSVT CLINICIANS**
3. Advanced Search Options
 - LSVT LOUD (Speech Therapy)
 - LSVT BIG (Physical & Occupational Therapy)
4. Enter location
5. Select radius
5. Check "I agree to the terms and conditions"
6. SEARCH
7. Clinicians who also lead For LIFE classes will have this listed in their profile

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How do LSVT LOUD & LSVT BIG Clinicians become Certified in leading classes?

LOUD for LIFE and BIG for LIFE training is available online at your convenience for 0.3 CEUs
90-day access to the Online LOUD for LIFE or BIG for LIFE Course (90 days begins from date of purchase)

- Printed training materials (immediate access to downloadable materials; printed materials shipped post-purchase)
- LOUD for LIFE or BIG for LIFE designation upon completion of course and passing exam
- Access to LSVT LOUD or LSVT BIG discussion forum
- Online support from LOUD for LIFE or BIG for LIFE experts for clinical questions

Price: \$98 - Course PLUS downloadable materials only
\$138 - Course PLUS printed and shipped materials

www.LSVTGlobal.com ➔ Therapists & Professionals ➔ Reinforcing LSVT Treatment Gains

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Upcoming Webinars & Events


***Special Event for BIG for LIFE Clinicians* Bonus: BIG for LIFE webinar for BIG for LIFE clinicians**
Date: Monday, June 24, 2019
Time: 8:00 PM - 9:00 PM Eastern Daylight Time

Client Experiences with LSVT LOUD and LSVT BIG
Date: Wednesday, June 19, 2019
Time: 2:00 PM - 3:00 PM Eastern Daylight Time (EDT)

Cherry Hill, NJ LSVT BIG Educational Seminar
Date: Saturday, June 1, 2019 at 12:00 PM (EDT)

Cherry Hill, NJ LSVT LOUD Educational Seminar
Date: Saturday, June 22, 2019

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Summary

- LSVT LOUD and LSVT BIG are intensive, amplitude-based therapy programs aimed at improving your sensory calibration
- Once therapy is completed, you continue to need to take your daily dose of voice or body exercises just like you take your medications
 - LOUD for LIFE and BIG for LIFE are options to help you do this!

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QUESTIONS???

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