



# LSVT - BIG

- Faster walking with bigger steps
- Improved balance
- Increased trunk rotation

LSVT-BIG is an innovative therapy program that helps to increase strength, motor learning and changes in brain function. It is primarily used in treating individuals with Parkinson's and other neurological conditions including stroke, multiple sclerosis, cerebral palsy and Down Syndrome. Each treatment focuses on the production of large amplitude whole body functional movements.

## Fact:

**Approximately 60,000 Americans are diagnosed with Parkinson's disease each year.**

- As many as one million Americans live with Parkinson's disease (PD), which is more than the combined number of people diagnosed with multiple sclerosis, muscular dystrophy and Lou Gehrig's disease.
- Approximately 60,000 Americans are diagnosed with Parkinson's disease each year, and this number does not reflect the thousands of cases that go undetected.
- An estimated 7-10 million people worldwide are living with Parkinson's disease.
- Incidence of Parkinson's increases with age, but an estimated four percent of people with PD are diagnosed before the age of 50.
- Men are one and a half times more likely to have Parkinson's than women.

## A method was developed following rigorous research

The method was developed following rigorous research funded by the National Institutes of Health. More than 20 years worth of research documents showed improved ratings on motor function tests following treatment for Parkinson's patients.

## LSVT BIG therapy includes:

- 16 sessions: four consecutive days a week for four weeks
- One hour sessions
- Daily homework practice
- Daily carryover exercises

Many of the symptoms of Parkinson's disease involve motor control, the ability to control your muscles and movement. As Parkinson's disease progresses, it becomes increasingly disabling, making daily activities like bathing or dressing difficult or impossible. LSVT-BIG can teach those living with Parkinson's disease how to avoid inactivity and ease movement while being engaged in everyday activities - leading to an improved quality of life.

**Call us to learn more or schedule an appointment:**

**Grand Blanc:** (810) 695-8700  
**Flint:** (810) 732-8400  
**Davison:** (810) 412-5100  
**Clio:** (810) 687-8700  
**Goodrich:** (810) 636-8700  
**Waterford:** (248) 618-3050  
**Clarkston:** (248) 620-4260  
**Hartland:** (810) 632-8700  
**Fenton:** (810)354-7522

