



**An intensive, amplitude focused physical and occupational therapy for Parkinson's, pediatrics, and other populations.**

- Research on **LSVT BIG** has documented improved mobility following treatment in:
  - Faster walking with bigger steps
  - Improved balance and reduced risk of falling
  - Increased trunk rotation
  - Improvements in activities of daily living such as bed mobility
  - Improved UPDRS Motor Score
  - Improved multi-tasking with walking
- **LSVT BIG** is a standardized treatment protocol that is customized to the **unique goals** of each individual. **LSVT BIG** can be adapted or progressed to meet each patient's needs across a range of disease severity and impairments. The goal of LSVT BIG is to restore normal movement patterns in everyday activities.
- **LSVT BIG** treatment always consists of:
  1. Large amplitude exercises for the whole body
  2. Personalized functional skills practice
  3. 16 sessions, 4 consecutive days a week for 4 weeks
  4. 60-minute one-on-one therapy sessions
  5. Daily home exercise practice
- It is essential that **LSVT BIG** treatment is only delivered by physical and/or occupational therapists who are certified in this method.
- Prescription for **LSVT BIG** therapy should include "PT and/or OT evaluation and treatment".
  - "LSVT BIG" is not required on the prescription but is recommended
  - You can locate LSVT Certified Clinicians at [www.lsvtglobal.com](http://www.lsvtglobal.com) using the "Find LSVT Clinicians" button at the top of the page.

