

# Rehabilitation for Parkinson's Disease



Premier Health provides treatment options for patients with Parkinson's disease. We have convenient locations throughout the greater Dayton area with a wide range of hours to accommodate busy patients' schedules. Our therapists are specifically trained and certified in Lee Silverman Voice Treatment (LSVT) BIG and LOUD therapies. The LSVT BIG and LOUD therapies are designed to treat the unique challenges of patients with Parkinson's disease and other neurological disorders to help optimize their quality of life.



## What is BIG?

The premise of BIG is that the brain can learn and change (neuroplasticity), thus allowing patients to overcome movement problems when cued. During each session, patients will be instructed in BIG amplitude and high effort exercise that will aid in improved movement quality. Patients will practice functional activities of daily living, focusing on application of increased amplitude with both gross and fine motor movements.

## Goals of BIG

- Improve trunk rotation
- Faster walking with bigger steps
- Improve balance
- Restore confidence in mobility

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## What is LOUD?

LOUD is a scientific research-based speech therapy created by LSVT Global in 1993 to address speech problems associated with Parkinson's disease. The therapy addresses the three causes of speech problems associated with Parkinson's disease.

## Goals of LOUD

- Increase vocal strength
- Improve speech intelligibility
- Improve facial expression
- Improve swallowing
- Restore confidence when communicating

## What to expect

Both BIG and LOUD are four-week programs consisting of 16 one-hour sessions with a certified BIG or LOUD therapist. BIG sessions will be scheduled with a physical therapist and if needed an occupational therapist. LOUD sessions will be scheduled with a

speech pathologist (therapist). Patients will have exercises to complete at home after each session and are encouraged to incorporate the BIG and LOUD principles into daily living activities. Follow-through and practice of the skills learned are the key to success and an improved quality of life.

## Who can benefit?

BIG and LOUD programs are effective for patients with Parkinson's disease and neurological disorders at any stage of progression. The best outcomes are shown with patients who start the BIG and LOUD programs prior to experiencing a decline in function, difficulty speaking, loss of balance or quality of life.

Patients participating in LOUD will need a vocal cord examination to be completed by a physician and clearance documented prior to treatment being initiated.

To learn more about LSVT LOUD and BIG at Premier Health or to schedule, contact the location nearest you. A physician referral is needed when scheduling.

### Atrium Medical Center

Atrium Medical Center  
One Medical Center Dr.  
Middletown, Ohio 45055  
(513) 974-4523 • (513) 974-4058 Fax  
*BIG, LOUD*

### Miami Valley Hospital

Miami Valley Hospital  
30 E. Apple St.  
Mezzanine Level  
Dayton, Ohio 45409  
(937) 208-2960 • (937) 208-4856 Fax  
*BIG, LOUD*

Wright Health Building  
1222 S. Patterson Blvd., Suite 395  
Dayton, Ohio 45402  
(937) 208-6090 • (937) 208-7725 Fax  
*BIG*

Miami Valley Hospital North  
The Sports Medicine Center  
9000 N. Main St.  
Englewood, Ohio 45415  
(937) 734-5722 • (937) 734-5798 Fax  
*BIG*

### Upper Valley Medical Center

Outpatient Care Center North  
280 Looney Rd., Suite 301  
Piqua, Ohio 45356  
(937) 440-7355 • (937) 223-9630 Fax  
*BIG*

1529 Fair Rd., Suite 100  
Sidney, Ohio 45365  
(937) 492-0270 • (937) 492-0671 Fax  
*BIG*

Hyatt Center  
Center for Sports Medicine  
450 N. Hyatt St., Suite 102  
Tipp City, Ohio 45371  
(937) 440-7152 • (937) 667-4038 Fax  
*BIG*

Outpatient Care Center South  
998 S. Dorset Rd., Suite 105  
Troy, Ohio 45373  
(937) 440-7400 • (937) 440-8514 Fax  
*BIG*

Upper Valley Medical Center  
3130 N. County Rd. 25A  
Troy, Ohio 45373  
(937) 440-4840 • (937) 440-4396 Fax  
*BIG, LOUD*