

Parkinson's Disease

LSVT BIG[®]



WHO IS APPROPRIATE FOR LSVT BIG?

Patients with Parkinson's disease or similar neurological conditions who present with limited body movements. This program was specifically developed for patients with Parkinson's disease to address their specific limitations including shuffling gait, stiffness, and balance problems. Other Parkinsonism syndromes may also benefit from this program as well.

If you are struggling with any of the above symptoms our physical therapist's can help.

WHAT IS LSVT BIG?

People living with Parkinson's disease or other neurological conditions often find their gestures and actions become smaller and slower. LSVT BIG[®] effectively trains improved movements for any activity. The treatment improves walking, self-care, and other tasks by helping people recalibrate their movements. It also teaches them how and when to apply extra effort to produce bigger motions — more like the movements of everyone around them.

LSVT BIG[®] is delivered by a physical therapist at Therapy Specialists clinic. Treatment is administered in 4 consecutive individual 60-minute sessions over 4 weeks.

FOLLOWING COMPLETION OF THE FULL LSVT BIG PROGRAM

Following completion of the full LSVT BIG[®] program with a licensed therapist, participants can transition to a community program for patients with Parkinson's disease called BIG for LIFE. This program occurs monthly and allows for continued Parkinson's specific exercise guided by a licensed therapist in a group setting. This is a great opportunity to maintain progress made during the LSVT BIG[®] program while also connecting with others living with Parkinson's disease in the community.

Let us help you get back to life.

**For more information contact
Courtney Smith (559) 624-3700.**

Health is our passion. Excellence is our focus. Compassion is our promise.

 **Kaweah Health
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