

Parkinson's Disease? LSVT-Big program offered near you!

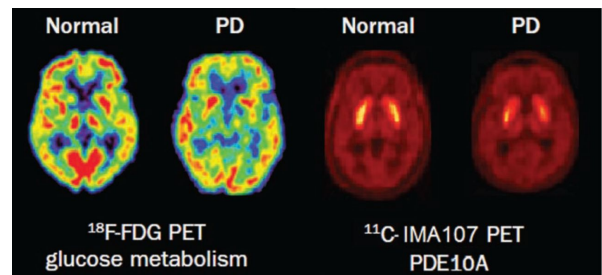
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"THINK BIG!" This is one of the most commonly used phrases in the LSVT-Big program.

What is LSVT all about? The Lee Silverman Voice Training (LSVT) program was first developed in the speech therapy community to address vocal deficits (LSVT-Loud). From there, it expanded to physical therapy (LSVT-Big) to address movement dysfunctions. The LSVT-Big program is an intensive rehabilitation program structured for those in any stage of Parkinson's Disease (PD). This rigorous protocol calls for 1 hour sessions 4x/week for optimum gains.

What's the problem? The loss of neurons in the brain impairs the ability to regulate movement. Found in the midbrain, the substantia nigra "has a critical role in modulating motor movement...as part of the basal ganglia circuitry" (Source 1). When this area experiences neurodegeneration, motor deficits follow. See the following image of anatomical changes in the brain. (Source 1b)



What's the result? As PD progresses, common symptoms include resting tremors, stiffness, slow movements (bradykinesia) and postural instability. This results in difficulty walking, getting in and out of chairs, and poor balance increasing the risk for falls. Fine motor tasks are also impacted such as writing, buttoning a shirt or using utensils while eating. A wide range of non-motor symptoms also persist such as depression, loss of sense of smell, gastric problems, cognitive changes and many others. (Source 2)

What's the solution? There are many interventions in place to manage the progressive pathology of PD. In the medicinal world there is Carbidopa and Levodopa. In the physical therapy world, we have LSVT-Big! As the disease progresses and more neurons are affected, smaller motor movements are falsely accepted as "normal." The Big program focuses on "recalibrating" movements of the body improving overall motor control and function.

So now what? Do you think LSVT-Big is right for you? Call Estes Park Physical Therapy today and get scheduled with Dr. Christina Mathew. Christina has maintained her LSVT-Big certification since 2016. She has worked with many people who have Parkinson's Disease with positive outcomes. For more information on the program visit (Source 3).

References:

1. <https://www.ncbi.nlm.nih.gov/books/NBK536995/>

1b. <https://www.rcpjournals.org/content/clinmedicine/16/4/371>

2. <https://www.parkinson.org/sites/default/files/attachments/Parkinsons-Disease-vs-Parkinsonisms.pdf>

3. <https://www.lsvtglobal.com/LSVTBIG>

https://www.youtube.com/watch?v=cV8FjbC_MMw&t=254s

I found a video right off the LSVT-Big site, and the title is Think-Big! I thought that was pretty funny because that was my opener. Do you think the video is too long? It's 4:30 mins