

WHAT YOU CAN EXPECT

Research on the physical/occupational therapy program LSVT BIG has documented improvements such as:

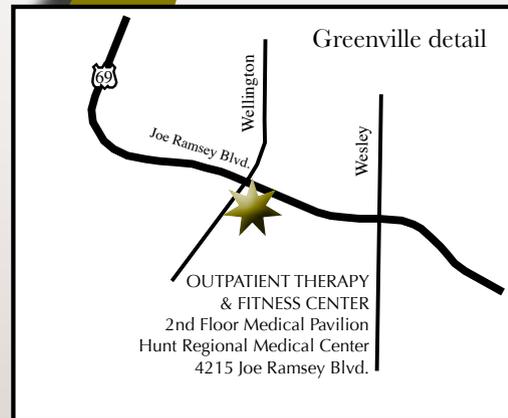
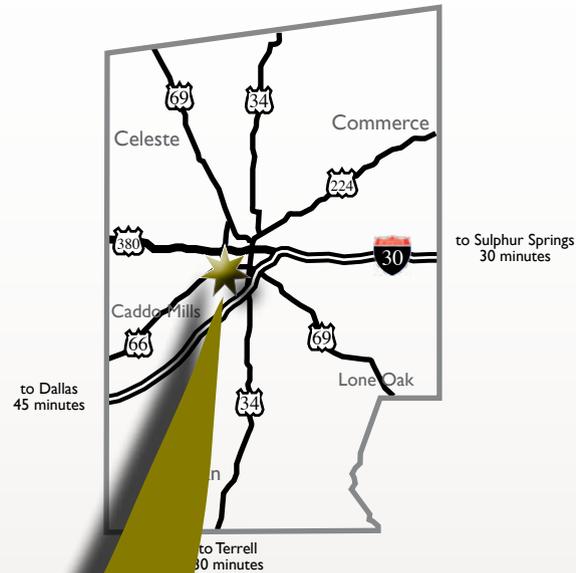
- ✓ Faster walking with bigger steps
- ✓ Improved balance
- ✓ Increased trunk rotation

LSVT BIG trains individuals with Parkinson's and other neurological conditions to use bigger movements in daily living.

Ultimately, our program gives them the potential and power to stay an active part in their own lives.



LSVT BIG services are part of a suite of therapy solutions offered at our Outpatient Therapy and Fitness Center. It's the kind of comprehensive care only a hospital such as ours can offer.



HuntRegional.org

903.408.5000

Hunt Regional Medical Center

903.408.1886

Outpatient Therapy & Fitness Center

LSVT BIG

Therapy for Parkinson's Disease and other neurological disorders

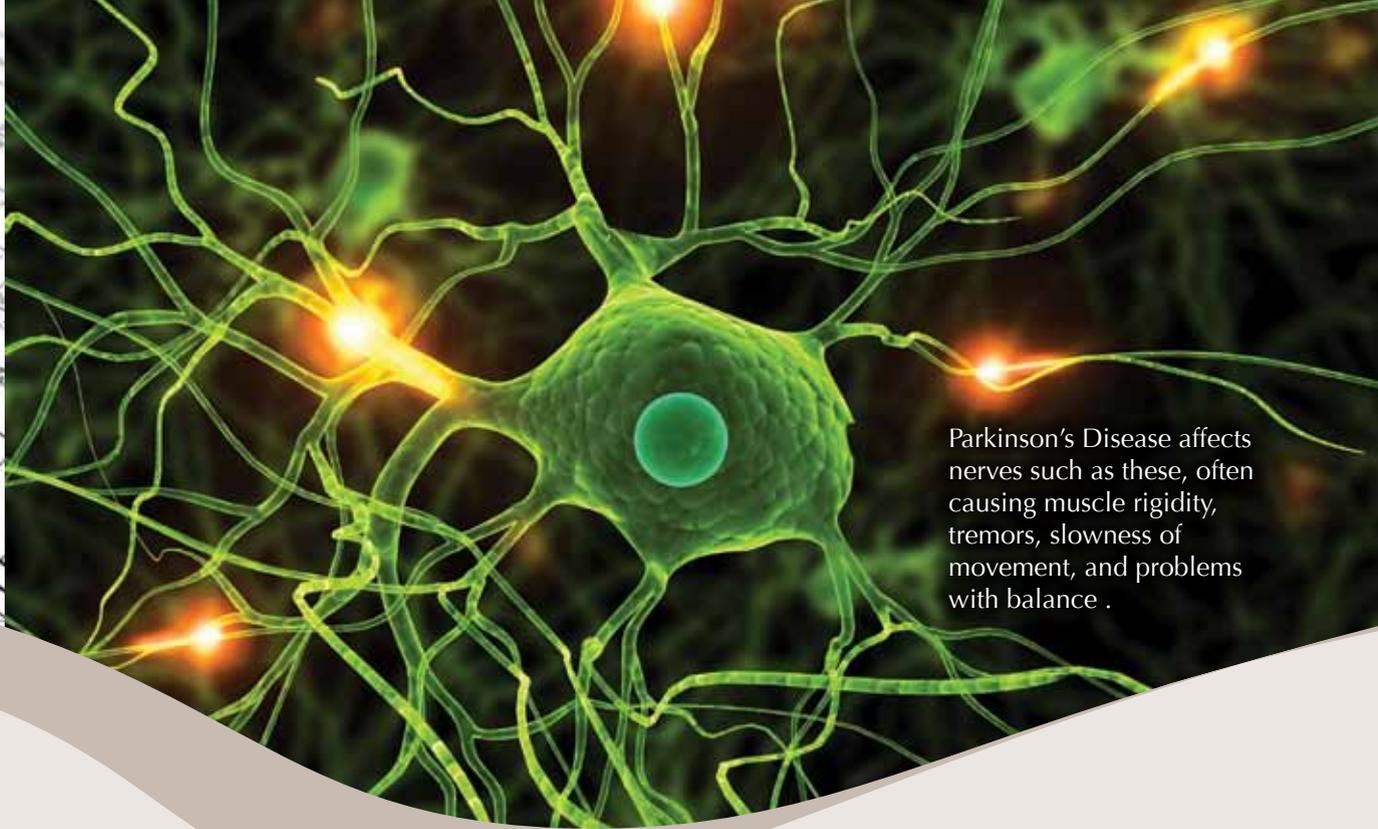
The Answer for better movement



Hunt Regional
Medical Center
Greenville



A personalized plan is part of the treatment tailored to each patient



Parkinson's Disease affects nerves such as these, often causing muscle rigidity, tremors, slowness of movement, and problems with balance .

WHAT IS LSVT BIG?

LSVT (Lee Silverman Voice Treatment) BIG is an intensive physical and occupational therapy exercise program for people with Parkinson's disease and other neurological disorders.

A research-based approach to exercise, LSVT BIG is a treatment program that's proven to help individuals living with Parkinson's disease, giving them new hope for improved communication, movement, and quality of life.

The method was developed following rigorous research funded by the National Institutes of Health. It was initially referred to as LSVT LOUD, because it mostly dealt with patients suffering from speech deterioration as a result of Parkinson's. Later that work was expanded to improving motor skills, thus adding "BIG" to its name.

How it works

Our LSVT BIG-certified clinicians guide the patients in relearning skills — everything from writing and pushing a grocery basket to drinking a cup of coffee and playing miniature golf.

Treatment consists of:

- ✓ 16 sessions: four consecutive days a week for four weeks
- ✓ Individual one-hour sessions
- ✓ Daily carryover exercises and practice at home

More information

- Admission to the program is by physician referral
- To further support our patients with Parkinson's disease, we host a Parkinson's support group the second Thursday of every month at 6 p.m. The group meets in Conference Room 2 on the Mezzanine above the Atrium at Hunt Regional Medical Center.

We are so thankful we have access to this service, and to have these wonderful people around us who are helping make our lives better," says the wife of one participant. "I want as many people as possible to know LSVT BIG is here at our hospital."