

LSVT BIG = BIG Exercise!

Research suggests that you should NOT wait until you begin to experience disability, impaired function or loss of balance to start exercise-based physical therapy.

LSVT BIG techniques train individuals with PD and other neurological conditions to use bigger movements anywhere, anytime in daily living. This empowers individuals with the potential they have to keep moving and stay active.

Amanda Woodhead PT, DPT has been trained in LSVT BIG and is a certified clinician. It is essential that LSVT BIG treatments are delivered by physical therapists who are certified in this method.



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LSVT[®] BIG

Parkinson's Program



Snyder Physical Therapy

"LSVT BIG gave me my life
back!"

LSVT BIG

LSVT BIG is a research-based exercise approach developed from principles of the effective Parkinson's specific speech treatment LSVT LOUD.

The LSVT Programs have been developed and scientifically researched over the past 20 years with funding from the National Institutes of Health.

Research on LSVT BIG has documented improved ratings on tests of motor functioning in people with PD following treatment. Improvements include:

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

LSVT BIG is a standardized treatment protocol.

LSVT BIG treatment consists of:

- 16 sessions: 4 consecutive days a week for 4 weeks
- Individual 1 hours sessions
- Daily homework practice
- Daily carryover exercises

LSVT BIG will help you establish a LIFE-LONG HABIT of BIG PRACTICE!



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LSVT BIG treatment:

- Trains a single target of amplitude (bigger movements)
- Drives intensive and high-effort practice
- Teaches the amount of effort required to produce normal movements
- Translates bigger movements into real-world, everyday activities
- Empowers people with PD with their potential to improve!

LSVT BIG will teach you how to avoid inactivity and keep your movements ALIVE during everyday activities. It will help you participate fully and improve the quality of your life.

Make the commitment today....