***LSVT BIG* Treatment Program for Parkinson’s Disease**

Parkinson’s Disease

Parkinson’s Disease is a chronic progressive neurologic disease that affects millions of adults worldwide. Parkinson’s Disease is difficult to diagnose. It is caused by neural degeneration of an area in the brain called the basal ganglia. This neural degeneration reduces the level of the neurotransmitter dopamine. The lack of dopamine in the brain ultimately causes the symptoms associated with Parkinson’s Disease.

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| Common Physical Symptoms of Parkinson’s Disease: | Common Non-Physical Symptoms of Parkinson’s Disease: |
| * Difficulty initiating movement * Difficulty performing daily tasks * Difficulty stopping movement * Difficulty walking * Difficulty with fine motor control * Falling * Freezing * Impaired balance * Postural instability * Quiet speech * Sensory changes * Slow movements: * Small movements * Tremors | * Anxiety * Apathy * Decreased emotional response * Dementia * Depression * Difficulty planning movement * Difficulty with decision making * Impaired cognition * Sleep disorders |

Traditional Treatment

Traditional treatment for Parkinson’s disease often involves taking prescription medication or surgical intervention. This treatment can become less effective over time in helping to manage the symptoms of Parkinson’s Disease. Traditional treatment is not patient or goal specific. This is where *LSVT BIG* can help!

*LSVT BIG*

*LSVT BIG* provides what traditional treatment cannot - patient specific targeted treatment to address an individual’s symptoms and goals. *LSVT BIG* is a simple, yet highly effective research based physical therapy treatment program targeted at helping individuals diagnosed with Parkinson’s Disease reclaim their ability to move and improve their quality of life. The treatment impact is body wide and participants can see significant improvements in their movement size, movement speed, balance, walking, posture, and daily activities such as getting dressed, eating, and writing.

*LSVT BIG* helps to improve an individual’s movement through intense and repetitive exercise. *LSVT BIG* works to train the body to move differently, but more importantly it trains the mind to think differently about movement. This treatment program will teach participants to increase the amplitude of their movement, or more simply - teach them to move BIG!

Initial Visit

During your initial evaluation, you will be assessed by one of our skilled physical therapists in a private treatment room where you can openly discuss how Parkinson’s Disease has impacted your life. Your physical therapist will ask you detailed questions about your Parkinson’s Disease history and symptoms. After discussing your medical history your physical therapist will conduct a comprehensive physical examination.

Once your initial evaluation is completed your physical therapist will determine if you are a good candidate for the *LSVT BIG* treatment program. If you are a good candidate for the program, you and your physical therapist will collaboratively discuss your goals and create an individualized *LSVT BIG* treatment plan. You will leave your initial evaluation with a greater understanding of your condition and how *LSVT BIG* will help to address your Parkinson’s Disease symptoms.

Second Visit and Beyond

Enrolling in this program requires mutual commitment from both you and your physical therapist. If you are a good candidate for the program you will receive treatment up to 4 days a week. The *LSVT BIG* treatment program is individually adapted to your current level of fitness. Once treatment starts, your physical therapist will instruct you in performing an *LSVT BIG* home exercise program. This exercise program will become an important part of your care during treatment and will help you to maintain your improvements after your care is complete.

The *LSVT BIG* treatment program will not only teach you how to move differently and think differently about movement, but will also teach you how to retain those positive changes; so you can stop living life around your Parkinson’s Disease and return to living the life you want.

Communication

Patient education is paramount to understanding and managing your Parkinson’s Disease. Your physical therapist will answer any questions you have regarding your Parkinson’s Disease and your *LSVT BIG* treatment. We encourage open and collaborative communication between you and your physical therapist. Additionally, Parkinson’s Disease requires an interdisciplinary approach to care. Your physical therapist will communicate closely with your neurologist, mental health practitioner, or any other medical health providers that are a part of your care team.

Wellness Program

Because of the chronic progressive nature of Parkinson’s Disease, individuals that suffer from Parkinson’s Disease may find that their symptoms change over time. Body Rebuilders is committed to supporting you throughout your health journey. After you complete your *LSVT BIG* treatment program, you can take advantage of the ongoing wellness programs offered by Body Rebuilders to keep your *LSVT BIG* skills sharp and to help maximize your function over time. Body Rebuilders will work with you to develop a program that meets your wellness needs.

Wellness programs are individualized for you just like your *LSVT BIG* treatment program. You can expect your therapist to continue to progress your *LSVT BIG* exercise routine as well as help you to keep thinking and moving BIG.

Questions

If you have any questions about our *LSVT BIG* treatment program, feel free to email our staff via our contact us page.