

About one million Americans live with Parkinson's Disease and approximately 60,000 are diagnosed with the disease each year.

If you or a loved one is suffering from Parkinson's Disease, Abbeville Area Rehab & Wellness Center can help. We offer LSVT BIG treatment, which has been proven to enhance the quality of life for most program participants.

What is LSVT BIG?

LSVT is a treatment program that was developed for people with Parkinson's Disease because "typical" physical therapy treatments don't address the symptoms that a patient with Parkinson's Disease exhibits.

The primary goal of LSVT is to address the hypokinesia (small movements) and bradykinesia (slow movements) that are often seen in individuals who have been diagnosed with this disease. This training specifically focuses on "bigness" of limb and body movement and results in overall improved gait, trunk rotation, speed of movement, balance and quality of life. The mantra of the LSVT program is to "think big."

The Program

LSVT BIG can be delivered by a trained physical or occupational therapist. Treatment is administered in 16 sessions over a 4-week period with each treatment lasting 60 minutes. There is also daily homework that is vital to success of the program.

The protocol is both intensive and complex with many repetitions of movements that are used in daily living. This practice is necessary to optimize learning and carryover better movement into everyday life.

Due to the intensity of this program, it is only appropriate for patients who are committed to work and have a family support system that is committed to help the patient in the home environment.

Treatment

Each treatment starts with seven exercises which are consistent for all patients and completed at the beginning of each session. Intensity is increased as the patient shows progress.



**A comprehensive approach
Parkinson's Disease treatment.**

The second portion of each treatment is completing five "functional components" which are activities that the patient has identified as problem movements (i.e. sit to stand, walking through doorways, etc.) and are specific to the patient.

The last portion of each treatment is the "hierarchy," which is a complex multi-step task that the patient has identified as a troublesome area (i.e. shopping, cooking, playing with grandchildren, etc.). This task is broken down by the

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therapist into multiple steps and addressed as individual steps/simple tasks. As treatment progresses the tasks are combined with a goal of eventually completing the full/complex task.

The therapist completes a task analysis of both the functional components and hierarchy to identify triggers for “freezing” in the patient. Freezing is a sudden, brief inability to start movement or to continue rhythmic, repeated movements. These triggers are then addressed in each treatment session.

Each patient’s treatment plan is individualized and developed based on the severity of the Parkinson’s Disease symptoms as well as the activities



which the patient has identified as important. Some patients will work on getting in and out of bed as their primary goal while another may work on getting onto the floor to clean the baseboards in the home. Typically, if the treatment is centered around the goals of the patient, the patient is much more likely to adhere to the program.

Insurance

Most insurance will cover the LSVT BIG program.

Referral

A physician’s referral is required.

Contact Us

To make an appointment or to find out more information contact Abbeville Area Rehab & Wellness at 366-2187.

LSVT BIG Parkinson’s Therapy



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