

LSVT BIG®

Live your life BIG!



Struggling with small, shuffling steps? Is getting dressed a challenge? Do you have difficulty completing everyday tasks?

If you said “yes” to any of these questions, LSVT BIG® treatments may help... LSVT BIG® is an innovative and clinically proven method to train people to use their bodies more normally. People with Parkinson’s Disease often move differently, making smaller and slower movements. LSVT BIG® trains people to make BIGGER, more quality movements. LSVT BIG® is customized to every patient, meaning no matter your struggle, LSVT BIG® can help. LSVT BIG® has also been proven beneficial in persons with other neurological problems, such as stroke and normal pressure hydrocephalus.

- LSVT BIG® trains you to use big, quality movements helping you to live BIG in all areas of your life
- LSVT BIG® is administered by an OT/PT team on an intensive schedule of 16 individual, 60-minute sessions over 4 weeks
 - Typically, this means:
 - 4 days a week, 1-hour sessions for 4 weeks
- Research shows that LSVT BIG® treatment can lead to faster walking with bigger steps and arm swings, better balance, and more ability to twist at the waist.
- Clinicians also report that LSVT BIG® often helps people with buttoning their clothes, writing and other smaller-movement (“small motor”) tasks, as well large (“large motor”) movements like dressing, getting up from a seat and getting into bed.

Treatments will make you feel more confident, comfortable, and empowered.

Ask your physician for a referral to

Boone Therapy for LSVT BIG® treatments

With a licensed occupational and physical therapist

Contact **Boone Therapy at (573) 815-3868** to schedule your appointment.