

Call 308.398.2170
to schedule an
appointment today.



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balancemobilitytherapy.com

Parkinson's Disease

Take Steps toward Confidence, Control and Independence



Improve Your Confidence, Control and Independence

Daily activities can be frustrating and time consuming for Parkinson's disease patients. But they can make gains. Exercise is proven to improve brain functioning and may slow disease progression.

An approach to therapy called LSVT (Lee Silverman Voice Technique) BIG and LOUD treats voice and swallowing issues and improves strength, conditioning, flexibility, balance, trunk rotation and posture alignment specifically for those with Parkinson's disease.

- LSVT LOUD – Specialized feedback and exercise instruction for speech, vocal strengthening and swallowing to increase quality and improve tone, volume and facial expression.

Goal: Improve speech patterns, vocal strength and swallowing ability.

- LSVT BIG - Specific exercises that involve large, exaggerated movement patterns to address stiffness, decreased range of motion, freezing, slower movement and kinesthetic – or body movement -- awareness.

Goal: Learn how to use “big movements” automatically to move better and with improved confidence and safety.

LSVT BIG and LOUD

- 16 one-hour individual training sessions
- 4 consecutive days a week for 4 weeks
- Daily homework practice and carryover assignments

Parkinson's disease affects each person differently, so therapy is individualized to manage your specific situation, and patients will identify activities they would like to improve. Working together, our physical, occupational and speech therapists help patients experience increased confidence, control and independence.