LSVT BIG therapy is a researched-based, standardized exercise program that has been proven effective for people with Parkinson’s Disease — improving major motor skills, promoting increased strength and encouraging changes in brain function.

The BIG therapy is adapted from the principles behind the successful Lee Silverman Voice Treatment (LSVT), which has a proven track record of helping Parkinson’s patients speak confidently with more clarity.

**LSVT BIG INCLUDES:**

- High-intensity, exaggerated repetitions of whole body movements that increase dopamine production in the brain. This improves muscle function and helps offset the slow motor movements associated with Parkinson’s.
- Large-amplitude movements incorporated into activities of daily living
- Motivational, positive feedback which reinforces success and teaches self-monitoring

**LSVT BIG SESSIONS:**

- 16 individual therapy sessions
- 1 hour/day, 4 times/week
- Daily homework
- Pre- and post-evaluation sessions

Therapy provided at LifeStyleRx, 1119 E. Stanley Blvd. in Livermore

Requires physician referral.

For more information, contact Katie Mockler, PT, DPT, certified LSVT BIG therapist, ValleyCare Physical and Sports Medicine at 925-373-4019.