

In order to participate in the LSVT BIG and LOUD programs, please obtain a physician order. To schedule an appointment or learn more, call 618-651-2720. You can also learn more about the LSVT BIG and LOUD programs at: www.LSVTGlobal.com.



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Medical Office Building
Enter through the second door on the right,
after you enter the Medical Office Building.

Our Mission:
To reveal and embody Christ's healing
love for all people through our high
quality Franciscan health care ministry.

Core Values:
RESPECT
CARE
COMPETENCE
JOY



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HSHS St. Joseph's Hospital
Outpatient Therapy Program
for Parkinson's Disease





HSHS St. Joseph's Hospital Highland Outpatient Rehabilitation Department now offers Lee Silverman Voice Treatment (LSVT) BIG and LOUD Programs.

These programs are research-based approaches that improve motor function and vocal loudness/quality for people diagnosed with Parkinson's Disease (PD) and other neurological conditions.

LSVT BIG and LOUD are standardized and were developed to provide patients with daily activities to help them implement lifelong habits and improve their quality of life.

LSVT BIG

The LSVT BIG program consists of 16 sessions, led by a LSVT Certified Physical or Occupational Therapist — four days a week for four weeks. Treatment sessions run for one hour and include assigned home program practice for carryover of skills. The program focuses on high amplitude and repetitive motions performed with maximal effort, which helps produce bigger and more functional movements for daily activities.

Following treatment, research shows improved ratings on tests of motor functioning in people with PD using LSVT BIG, and also:

- faster walking with bigger steps
- improved balance
- increased trunk rotation
- improvements in activities of daily living, such as bed mobility improved motor function



For individuals who complete LSVT BIG or have completed the program in the past, HSHS St. Joseph's Hospital offers a post-discharge group-based exercise class, LSVT BIG for LIFE.

LSVT LOUD

LSVT LOUD is an effective speech treatment for individuals with Parkinson's and other neurological disorders who are experiencing difficulties effectively communicating with others. These problems can include soft, mumbled, or monotone speech.

LSVT was developed in 1987 and has been scientifically studied for nearly 20 years.

Research shows:

- improved vocal loudness
- improved vocal quality
- improved articulation
- increased facial expression
- improved confidence

This program is provided by an LSVT LOUD certified clinician and focuses on a single goal "Think LOUD" - to train an improved, healthy vocal loudness without strain.

Treatment involves:

- 16 sessions over 4 weeks (4 consecutive sessions a week)
- 60 minute individual sessions
- daily homework exercises
- daily carryover exercises

Through LSVT LOUD, individuals will have the ability to self-generate the adequate amount of loudness to make their speech understood.

