



ARE YOU BEING HEARD?

**LSVT LOUD FOR YOUR
ESSENTIAL VOICE**

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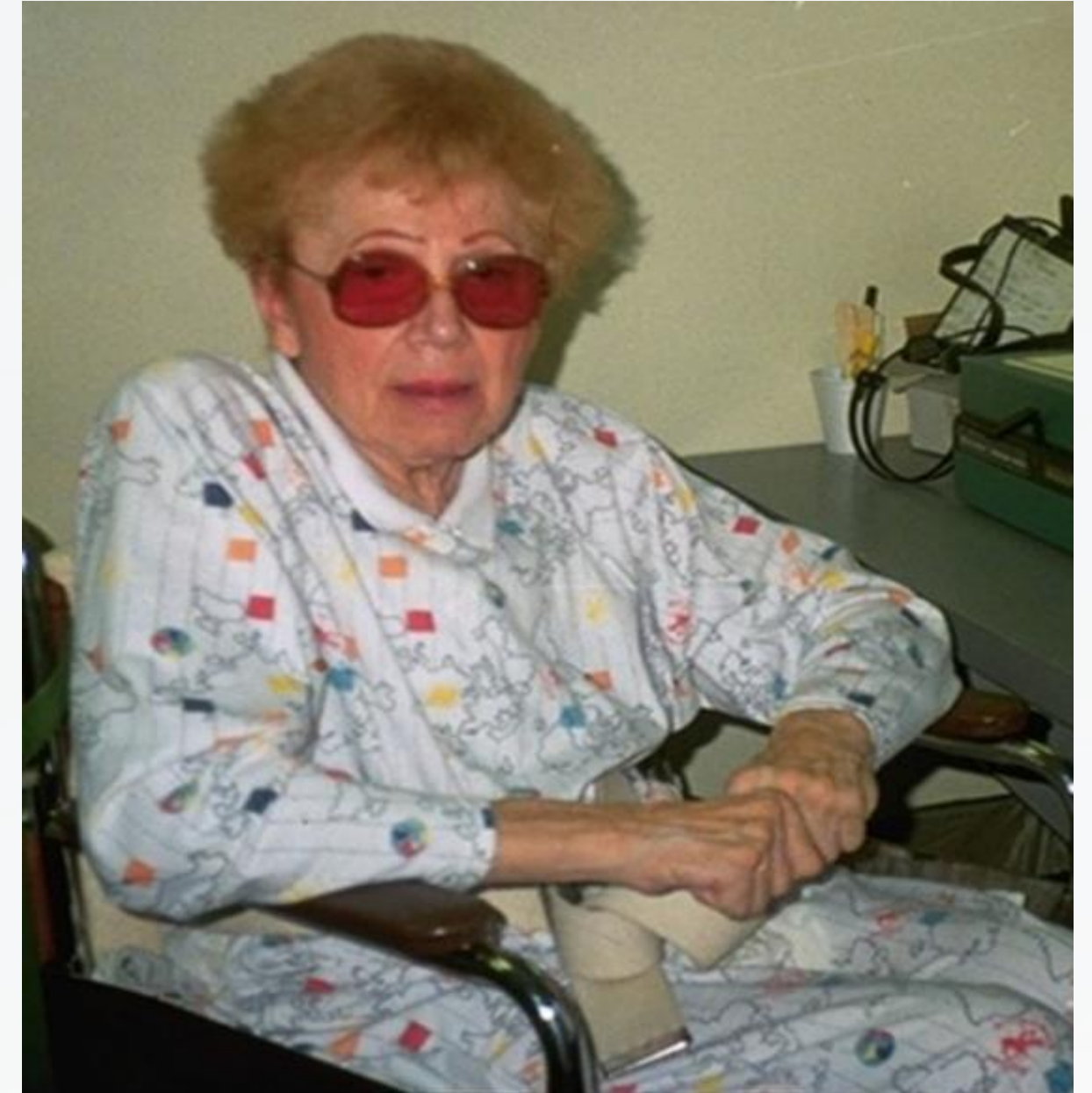
LSVT LOUD

“If only we could hear and understand her speech.”

-The family of Mrs. Lee Silverton, 1987

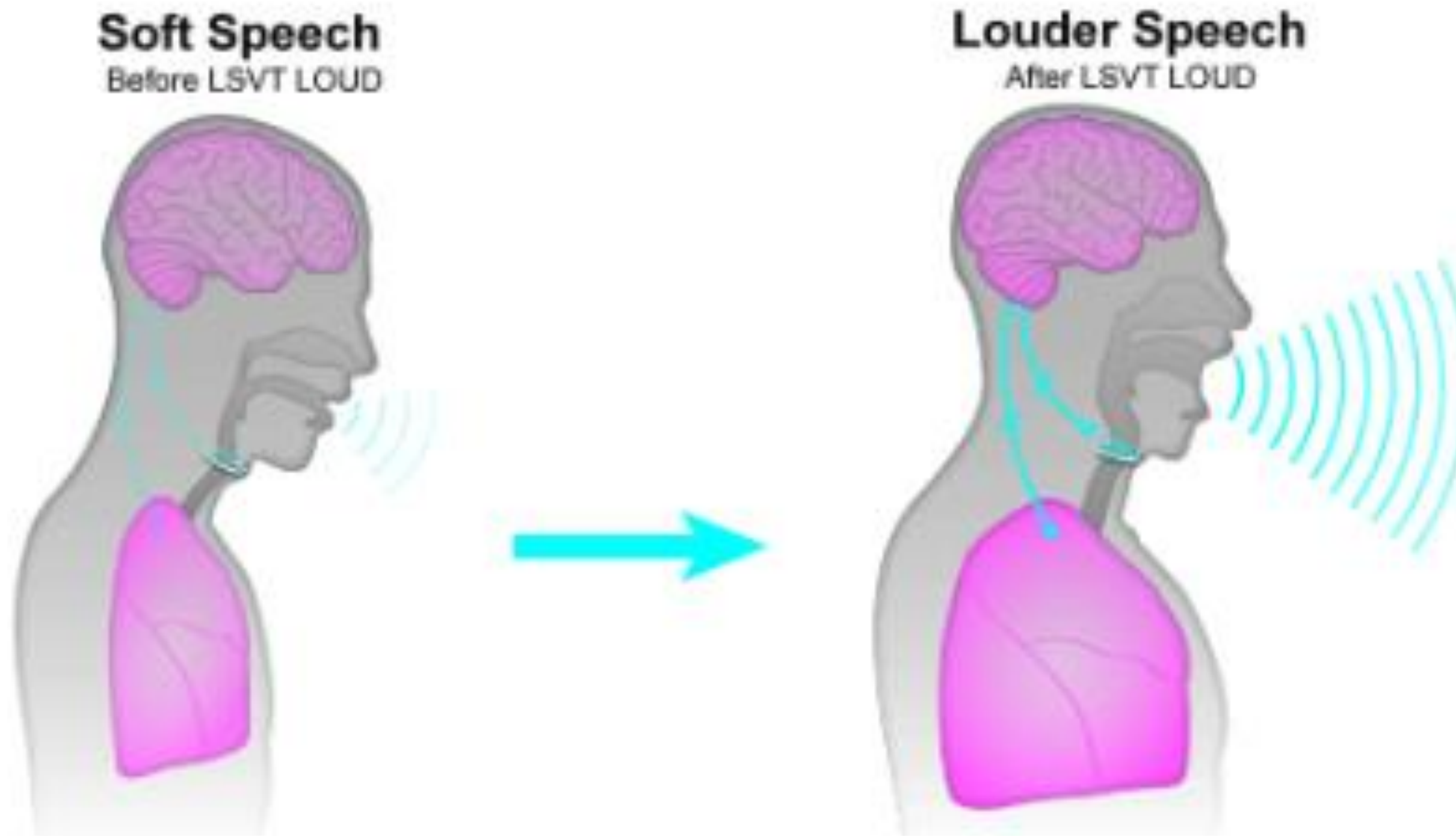
LSVT LOUD consists of:

- 16 sessions: 4 days a week for 4 weeks
- Individual 1-hour sessions
- Daily homework practice
- Daily carryover exercises



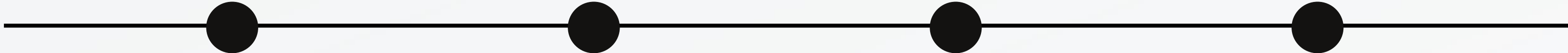
Lee Silverton, photo from LSVT Global™

LSVT IN PRACTICE



LSVT LOUD has been documented to improve vocal loudness, breath support, voice quality, intonation, and speech articulation (Mahler et al., 2015). The goal is always healthy vocal loudness.

Image from LSVT Global™



WHISPER
Soft, safe
noise levels

CONVERSATION
Moderate
level of
noise

BLENDER
Very loud,
dangerous
over 30
minutes

JET PLANE
Painful,
dangerous
noise level

LSVT BIG



LSVT BIG consists of:

- 16 sessions: 4 days a week for 4 weeks
- Individual 1-hour sessions
- Daily homework practice
- Daily carryover exercises

Research shows LSVT BIG participants demonstrate:

- Faster walking with bigger steps
- Improved balance
- Improvements in activities of daily living such as bed mobility
- Increased trunk rotation
- Improved UPDRS Motor Score



Images from LSVT Global™

CARRYOVER TASKS

- **BIG** steps in the grocery store
- **LOUD** voice when answering the telephone
- **BIG** reach when putting away dishes
- **LOUD** voice when ordering at a restaurant
- **BIG** movement when getting dressed
- **LOUD** voice when talking to your doctor
- **BIG** smile when greeting a friend



Image from LSVT Global™

THANK YOU!

Any questions? Come see us at our booth!

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