

Program Features

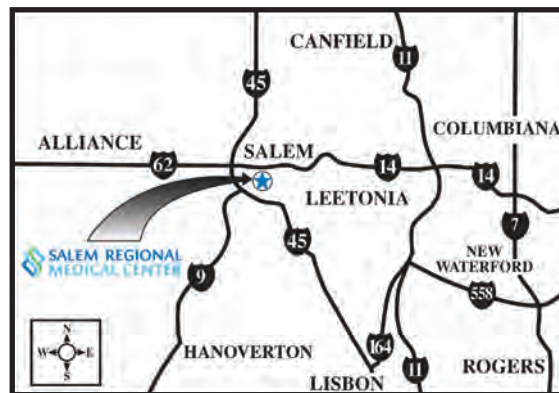
BIG and LOUD treatments each have 16 sessions over a single month, with four, 60-minute sessions a week. The programs can be provided in tandem with one another or with other forms of therapy for managing Parkinson's disease symptoms. Program participants are encouraged to practice their exercises at home during and after treatment to maintain continued improvement.



Enrollment and Health Plan Coverage

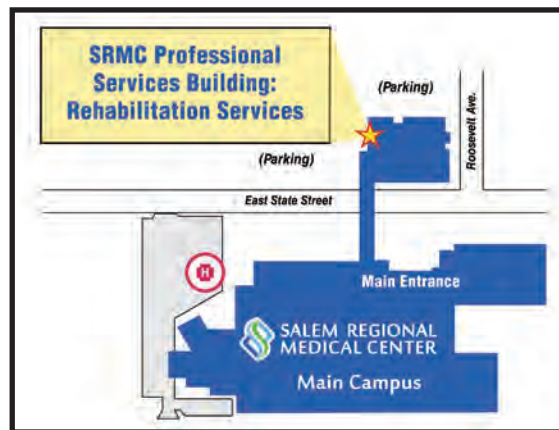
A physician's referral is required to participate in the BIG and LOUD Parkinson's therapy programs at SRMC. The cost of the treatments is covered by most insurance plans and Medicare.

For additional information, or to make a referral, please call SRMC's Rehabilitation Services Department at 330-332-7297, Monday - Friday, from 7:30 a.m. - 4:00 p.m.



How to Find Us

Salem Regional Medical Center's Rehabilitation Services Department is located on the ground floor of the SRMC Professional Services Building, across the street from the hospital's main campus.



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Living with Parkinson's Disease?

New Treatments Can Improve Your Life



 **SALEM REGIONAL MEDICAL CENTER**

**LSVT BIG® and LOUD®
Outpatient Rehabilitation Programs**

For the more than 1 million Americans suffering from the degenerative brain disorder of Parkinson's disease, problems with physical movement and speech can make carrying out routine activities and communicating with loved ones increasingly difficult.

To help improve the lives of those living with this disease, Salem Regional Medical Center's Rehabilitation Services Department offers innovative outpatient rehabilitation programs featuring the proven LSVT (Lee Silverman Voice Treatment) BIG® and LOUD® Parkinson's treatment therapies.

These groundbreaking treatments are designed to help people with Parkinson's disease manage their symptoms by increasing their ability to move and communicate more effectively in their everyday lives.

BIG Therapy for Movement

People with Parkinson's disease tend to have smaller, slower movements; and often have trouble with walking, coordination and keeping their balance. These challenges can make it difficult for them to complete simple daily tasks, such as getting into a bed or chair, writing, dressing and bathing.

Benefits of BIG Therapy:

- ◆ Faster walking with bigger steps
- ◆ Improved balance
- ◆ Enhanced arm and leg movement
- ◆ Reduced risk of falling
- ◆ Increased ability to perform daily activities
- ◆ Greater independence



BIG is a specialized physical and occupational therapy program during which patients perform repetitive, exaggerated whole body movements, such as taking high steps and swinging their arms across their bodies. The treatment is focused on teaching patients to incorporate the larger movements into their everyday routines and re-training their bodies to move more normally.

Using BIG therapy, people with Parkinson's disease can often regain their mobility and independence through improved walking, arm and leg movements, speed, balance and flexibility. This treatment can help reduce their risk of falling and increase their confidence and ability to perform daily activities. Program exercises can also be tailored to the individual's personal goals and interests.

LOUD Therapy for Speech

Speech and voice changes are common in people with Parkinson's disease, and typically include talking in a soft, muffled, hoarse or monotone voice. In addition, those with Parkinson's disease often have difficulty recognizing when they are speaking too softly, tend to speak with fewer facial expressions and may develop problems with swallowing.

The LOUD speech therapy program uses voice training exercises that stimulate and train patients' vocal muscles, with the goal of helping them to speak more loudly and clearly without straining. This method of treatment also incorporates sensory awareness training, which helps patients to recognize when their voice is too soft, so they can raise it to an appropriate level of loudness.

LOUD therapy works to restore patients' confidence and ability to communicate effectively with their families, friends and others. This type of therapy has also been effective in improving patients' facial expressions and swallowing.



LOUD Therapy Can Help Improve:

- ◆ Vocal quality and loudness
- ◆ Speech clarity
- ◆ Facial expressions
- ◆ Swallowing