



LSVT BIG & LOUD® Program

Specialized Program for Individuals with Parkinson's Disease
or Other Neurological Disorders

The BIG and LOUD programs are structured rehabilitation programs delivered over four weeks, four sessions a week for one hour each session.

LSVT BIG® Program

- LSVT BIG® techniques train individuals with Parkinson's Disease and other neurological conditions to use bigger movements in daily living, **empowering individuals** with the potential they have to keep moving and stay active.
- A Hillcrest LSVT BIG® therapist teaches an individual how to increase amplitude of limbs and body movements resulting in improved speed of upper and lower limbs, balance and quality of life. This protocol was developed specifically for people with Parkinson's Disease.

LSVT LOUD® Program

- LSVT LOUD® improves vocal loudness by stimulating the muscles of the voice box (larynx) and speech mechanism through a systematic hierarchy of exercises. Focused on a single goal—"speak LOUD!"—the treatment improves respiratory, laryngeal and articulatory function to maximize speech intelligibility. The treatment does not train people for shouting or yelling; rather, LSVT LOUD® uses loudness training to bring the voice to an improved, healthy vocal loudness with no strain.

Our BIG & LOUD® Therapy Team



Kathy Ramaekers, OT; Megan Kathman, OT; Sarah Blomenkamp, PT; Rachel Bruns, PT; Jill Hunter, ST

Hillcrest Physical Therapy is the only clinic that offers both the LSVT BIG and LSVT LOUD® programs in one location.

A LOUD® Session With a Client





Hillcrest Physical Therapy is located at 1804 Hillcrest Dr. in Bellevue, just behind Great Southern Bank at the corner of Harlan Dr. (Hwy 370) and Hillcrest Dr. From Hwy 75, take the exit for Hwy 370/Bellevue and travel east; turn left on Hillcrest Dr.

Outpatient Physical, Occupational & Speech Therapy

Certifications and Expertise

Aquatic Therapy
Hand Therapy
Geriatric Therapy
Balance Therapy
Korebalance™ System
LSVT-BIG & LSVT-LOUD
VitalStim® Swallowing
Therapy

Women's Health
Osteoporosis Management
Back Pain/Spinal Rehab
Stroke/Neurological Rehab
Lymphedema Management
Total Joint
Rehab Sports Therapy
Massage Therapy

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