THE EFFICACY OF BIG AND LOUD THERAPY FOR PATIENTS WITH PARKINSON'S DISEASE

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Abstract (Limited to 300 Words):

Introduction: Lee Silverman Voice Treatment (LSVT ®) LOUD therapy is a well established, effective behavioral treatment created to treat speech dysfunctions associated with Parkinson's disease. The concepts of LOUD therapy were then taken and applied to treatment movement dysfunctions in individuals with Parkinson's disease. This new treatment, BIG therapy, focuses on large amplitude movements.

Purpose: The purpose of this literature review was to critically evaluate the evidence that is related to standardized repetitious high-amplitude training, LSVT BIG and LOUD therapy, for the treatment of motor dysfunctions associated with Parkinson's disease.

Methods: Literature searches were conducted from February 2011 through March 2011, using CINAHL Plus with Full-text, Medline, Solar, and Pub Med databases. Articles were excluded if LSVT was not incorporated into treatment or if subjects were not clinically diagnosed with Parkinson's disease.

Results: The five articles utilized different forms of quantitative and qualitative data which included, but was not limited to measurements of lower and upper extremity movement, quality of life, and kinematic data of respiratory and laryngeal muscle activity. Significant improvements were seen in upper and lower extremity motor functions in the BIG therapy articles. The authors in the articles addressing LOUD therapy, found significant improvements in loudness and quality of speech.

Conclusion: Compared to traditional exercise programs, LSVT BIG is superior in improving upper and lower extremity motor functions, with results lasting up to one year. Further research is needed to evaluate if positive outcomes found from the preliminary research of LSVT BIG are consistent and to determine the long-term effects from BIG therapy.

Implications: As a collective group, the findings from this review provide viable support for amplitude-based behavioral intervention to improve functional tasks in persons with Parkinson's disease.