

FOR IMMEDIATE RELEASE
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Fisher-Titus Rehabilitation Department Offers Specialized Therapy for Parkinson's Disease

Fisher-Titus Medical Center's Rehabilitation Department now offers new treatment techniques for individuals with Parkinson's disease and other neurological disorders. The Lee Silverman Voice Treatment (LSVT) BIG and Lee Silverman Voice Treatment (LSVT) LOUD programs help people with Parkinson's and other neurological disorders move better and speak clearer.

The LSVT BIG program is an intensive, well-researched approach that addresses the unique movement impairments seen in Parkinson's disease. Fisher-Titus Medical Center has a physical therapist and physical therapy assistant certified in the specialized approach.

"The LSVT BIG program helps to improve the patient's balance in everyday tasks and helps improve coordination and speed of walking," said Mary Helton, director of rehabilitation at Fisher-Titus Medical Center. "The approach focuses on teaching the patient to use big movements with their arms, legs, and core and this helps them compensate for their deficits and move more normally."

The LSVT LOUD program focuses on improving the voice, loudness, and speech clarity of individuals with Parkinson's. The LSVT LOUD technique focuses on teaching the patient to talk louder which leads to the patient speaking more clearly. Fisher-Titus has two speech language pathologists certified in LSVT LOUD.

"Many Parkinson's patients experience a gradual decrease in loudness and have difficulty pronouncing their words," said Lindsey Esker, Speech Therapy Team Lead at Fisher-Titus Medical Center. "By teaching them to think and talk loud, the patients consciously increase their vocal volume so that others can hear and understand the patient more clearly."

In addition to treating patients with Parkinson's, LSVT BIG and LSVT LOUD has also benefited patients with multiple sclerosis, stroke, ataxic dysarthria, vocal cord paralysis, as well as children with cerebral palsy. To refer a patient for this program, please call the rehabilitation department at 419-660-2700 or for more information on LSVT and our other specialized services; please contact Mary Helton, director of rehabilitation, at 419-660-6957.