



## Fact Sheet

**LSVT LOUD** is the first speech treatment with level 1 evidence and established efficacy for treating voice and speech disorders in people with **Parkinson disease (PD)** with application to other neurological disorders.

- The **LSVT** Programs have been developed and scientifically researched over the past 25 years with funding from the **National Institutes of Health**. **LSVT LOUD** outcome data have been published in a series of refereed articles in speech, otolaryngology and neurology journals.
- Research on **LSVT LOUD** has documented improved impact on multiple levels of functioning in people with **PD** following treatment including:
  - *Increased vocal loudness*
  - *Improved articulation and speech intelligibility*
  - *Improved intonation*
  - *Improvements in facial expression*
  - *Changes in neural functioning related to voice and speech*

**LSVT LOUD** is a standardized treatment protocol that is customized to the unique communication goals of each person across a range of disease severity and communication impairments.

- **LSVT LOUD** treatment consists of:
  - 1) 16 sessions: 4 consecutive days a week for 4 weeks
  - 2) Individual 1 hour sessions
  - 3) Daily homework practice
  - 4) Daily carryover exercises
- It is essential that **LSVT LOUD** treatment is *only* delivered by speech-language pathologists who are certified in this method.
- **LSVT LOUD** is being delivered by over 20,500 certified LSVT clinicians in 72 countries.

### Select References:

1. Ramig, L., et al. (2001). Intensive voice treatment (LSVT®) for individuals with Parkinson disease: A two-year follow-up. J. Neurology, Neurosurgery, and Psychiatry. 71, 493-498.
2. Ramig, L., Sapir, S., Fox, C., & Countryman, S. (2001). Changes in vocal intensity following intensive voice treatment (LSVT®) in individuals with PD: A comparison with untreated patients and normal age-matched controls. Movement Disorders, 16, 79-83.
3. Mahler LA, Ramig LO, Fox C. (2015). Evidence-based treatment of voice and speech disorders in Parkinson disease. Curr Opin Otolaryngol Head Neck Surg. 2015 Jun;23(3):209-15. PMID: 2594396615.

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