

# Parkinson's Disease Rehabilitation Program

## Therapy Techniques for You

Northwestern Medicine Home Health offers a customized program of therapies for you or your family member with Parkinson's disease. We offer these therapies at home, where you may be most comfortable.

Specialty-trained caregivers provide care in the home with a multidisciplinary approach that may include physical, occupational and speech therapy; home health aides; social work; phlebotomy and home nursing.

Northwestern Medicine Home Health also offers innovative therapy techniques to reduce the risk of falls and improve balance, coordination and walking.

Our staff coordinates care with your physician to ensure your protocols are accurately followed.

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## Learn More

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For more information, please call 630.665.7006 or visit our website, [cnshomehealth.org](http://cnshomehealth.org).

TTY for the hearing impaired  
630.933.4833.

### Specialty Therapy: BIG & LOUD

To help you move and speak as effortlessly as possible, Northwestern Medicine Home Health therapists are specially-trained in Lee Silverman Voice Treatment (LSVT®) BIG and LOUD Therapy. Evidence-based research shows that exercise can slow, halt or reverse the progression of Parkinson's disease. It is felt that intensity matters and continuous exercise is necessary to regain function.

#### LSVT® BIG

LSVT® BIG training improves motor skills and balance in patients with Parkinson's disease. LSVT® BIG training can improve the quality of movement (upper/lower limbs) and balance.

#### LSVT® LOUD

LSVT® LOUD improves vocal loudness and strength by exercising the muscles of the voice box. A patient's voice may become soft and muffled and his/her ability to swallow may be affected by weakened muscles. The exercises are specifically targeted to improve the "loudness" of the voice as well as clarity of speech.

The program consists of 50-60 minute sessions, four times per week for four weeks. This program requires a significant time commitment and an intensity level that may not be appropriate for everyone; however, the exercises and movements can be used as part of regular physical therapy sessions as well.

### Other therapy services offered include:

**Physical therapy:** Aides with strength training, range of motion, gait, coordination and posture

**Occupational therapy:** Assists with activities of daily living such as showering, getting dressed, preparing food and eating

**Speech therapy:** Helps with swallowing, speech and communication difficulties commonly experienced by people with Parkinson's disease.