

LSVT BIG® Training & Certification Workshop

Agenda – Day 1

8:20 – 9:00 a.m.

REGISTRATION

Pre-Workshop EXAM

The purpose of the pre-workshop Exam is to prime participants for information that is important during the 2-day workshop presentation. Participants are not expected to know the answers to the questions on the pre-exam. The post-exam is the one that will count for certification. All participants are required to take and complete the pre-workshop exam.

9:15 – 11:00 a.m.

Introduction to LSVT BIG Paradigm Shifts: Target (amplitude), Mode (intensive and high effort), and Calibration (barriers to generalization) will be introduced as key concepts in LSVT BIG.

Overview of Parkinson disease: A brief overview of PD will be presented. Emphasis will be placed on signs/symptoms that are directly addressed with LSVT BIG therapy.

11:00 – 11:15 a.m. **BREAK**

11:15 – 12:00 a.m.

Patient Demonstration: A demonstration of some of the LSVT BIG exercises with a person who has PD will be presented either live or via a video. This demonstration provides participants with a tangible link from the LSVT BIG rationale to the actual LSVT BIG exercises.

12:00 – 12:45 a.m.

Fundamentals – Neuroplasticity-based rationale: An overview of motor learning/exercise science research related to activity-dependent neuroplasticity will be reviewed. These principles will be discussed in terms of basic science evidence and how they relate to LSVT BIG treatment.

Review of efficacy data for LSVT LOUD and LSVT BIG: An overview of the 20+ years of research behind LSVT LOUD and its translation to LSVT BIG will be provided. This will include published research data and a description of the translation of each of the exercises from the speech motor system to the limb motor system.

12:45 – 1:45 p.m. **LUNCH (on your own)**

1:45 – 3:30 p.m.

LSVT BIG Standard Maximal Daily Exercises: a rationale, detailed description, video examples and participant practice of the seven Maximal Daily Exercises will be presented. Faculty Demonstration and participant practice of the Maximal Daily Exercises with faculty oversight.

LSVT BIG Adapted Maximal Daily Exercises: a rationale for why/how some exercises may need to be adapted for patients with a range of comorbidities, detailed description of how to adapt the exercises, and video examples will be explored.

LSVT BIG Maximal Daily Exercise Progressions: a rationale for why/how some exercises may need to be progressed in difficulty and complexity for patients with more mild symptoms, a description of how to progress the exercises, and video examples will be presented.

3:30 – 3:45 p.m. **BREAK**

3:45 – 5:15 p.m.

LSVT BIG Functional Component Tasks: rationale, detailed description, and video examples of these exercises will be presented.

LSVT BIG Hierarchy Tasks: how to determine long-term functional goals, complete task analysis related to these goals, and how to build complexity of exercise practice across the four weeks of treatment will be presented.

BIG Walking: rationale, description, and video examples of this part of LSVT BIG will be presented.

Agenda – Day 2

9:00 – 10:45 a.m.

LSVT BIG Teaching Techniques: a review of the key teaching strategies for LSVT BIG including Model, Shape, Drive, Stabilize and Calibrate will be discussed and demonstrated.

Review of LSVT BIG Daily Exercises, Functional Component Tasks and Hierarchy Tasks: A brief review of the previous day's material will be covered.

Freezing of Gait

LSVT BIG METHODS - Calibration: The four areas of calibration (education, treatment, carryover assignments, and homework practice) will be discussed.

Role Play of an LSVT BIG treatment session incorporating calibration and teaching techniques.

10:45 – 11:00 a.m. **BREAK**

11:00 – 12:30 a.m.

LSVT BIG Follow-up Recommendations

LSVT BIG Quantification and reimbursement: Considerations for tools to document changes pre/post LSVT BIG will be reviewed. Recommendations for both PT and OT assessments will be provided. Tips for reimbursement, based on a range of clinical experience will be presented.

Interdisciplinary Care in PD with LSVT BIG and LSVT LOUD

12:00 – 13:00 p.m.

EXAM – 85% pass required for certification

13:00 – 13:45 p.m. **LUNCH (on your own)**

13:45 – 2:00 p.m.

Prepare for Exercise Interaction

2:00 – 3:15 p.m.

“Hands - on” Practice with Individuals with Parkinson Disease

This section allows each clinician to practice the LSVT BIG techniques with volunteers with Parkinson disease under the supervision of the workshop faculty.

3:15 – 4:00 p.m.

Review of key paradigm shifts.

LSVT BIG Marketing, Future Research & Technology; LSVT BIG Workshop Conclusions