

# LSVT LINK

QUARTERLY NEWSLETTER OF LSVT GLOBAL

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## Making LSVT® LOUD JR a Reality

With the support of the **Edmonton Oilers Community Foundation**, the **Children's Speech Research Laboratory in the Faculty of Rehabilitation Medicine at the University of Alberta** opened its doors in 2006. With additional funding from the **Stollery Children's Hospital Foundation**, **Drs. Carol Boliek** and **Cynthia Fox** along with collaborators **Drs. Christian Beaulieu** and **Jonathan Norton** designed a Phase II study to determine the physiological and therapeutic effects of **LSVT® LOUD** on the speech and voice of children with cerebral palsy (CP).

This study was a direct expansion of the Phase I work Dr. Fox completed which demonstrated a therapeutic effect using **LSVT® LOUD** on a group of five children with cerebral palsy. The original work on children with CP was also expanded to a group of children with Down syndrome in collaboration with **Dr. Lorraine Ramig** and members of her research team at the **National Center for Voice and Speech in Denver, Colorado (Angela Halpern, Jill Cable and Tara Robinson)**.

In total, 13 children with CP and 9 children with Down syndrome have been systematically treated using the

**Dr. Carol Boliek and client demonstrate a LOUD "ah"!**



**LSVT® LOUD** protocol. All children received 16 one hour sessions (4 hours per week for 4 weeks) and a minimum of 36 practice sessions during the treatment period. The results from this work are extremely promising.

First, in all three studies, parent ratings indicated that there was an overall improvement in voice and speech immediately following therapy. More specifically, they reported that after therapy their child's voice was clearer, children were easier to understand, children were more confident and willing to talk with their peers and teachers. When asked, "Have you noticed any changes in your child's speech and voice function following treatment?" parents reported the following:

- Speech is clearer and easier to understand
- Increased vocal loudness and pitch variability
- The ability to produce a longer sentence
- Increased awareness of their speech and vocal loudness
- Better control of drooling

In one case, one parent noted improved language ability with the child reportedly including articles and word endings (e.g., word final /s/) in speech following **LSVT® LOUD** treatment

When asked, "Has the frequency with which your child attempts to communicate verbally changed from pre- to post-treatment?" parents reported the following:

- Children were more confident when initiating verbal communication at home and school

### The Boliek Team

Back: **Amy Ryniak, Gabriela Constantinescu, Marissa LePage**

Middle: **Christa Piccott, Nahal Namdaran, Bridget McLeod**

Front: **Ela Heubert, Carly Nickerson**

Not pictured: **Barrie Gardner, Jill Hilstad, Erin Archibald, Julie Smith, Leanne Wilson, Heather Elliott, Heather Pennycook, Erica Kanutilla**

Collaborators:

**Christain Beaulieu, Ph.D., Jonathan Norton, Ph.D.**



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# *Season's Greetings*

## **from LSVT Global!**

*We want to thank everyone who has supported LSVT Global's programs and services this past year. In 2008, we conducted 29 **LSVT®LOUD** workshops including 8 international locations, and 7 **LSVT®BIG** workshops including 1 international location. Our international workshops included stops in Hong Kong, Canada, Ireland, Finland, Germany, Australia, England and Italy. We trained over 800 new clinicians and renewed training for many others worldwide. Additionally, we were met by eager patients wherever we went!*

*In the years ahead, we look forward to introducing an ever increasing number of clinicians and patients worldwide to the benefits of **LSVT®** and to spread the word that there is real help, which is scientifically backed by over 20 years of research, out there for people who struggle with Parkinson disease and other neurological conditions. **LSVT®** offers new hope for patients to live life to the fullest and it is because of you that so many people have been helped.*

*We encourage you to share our upcoming workshop schedule with your fellow clinicians and patients. Together, we can make 2009 a banner year!*

*We wish you and your loved ones a joyous, peaceful holiday season and a prosperous New Year!*



**LSVT**  
GLOBAL

## LSVT®LOUD JR *Continued from Page 1*

- Children were more apt to raise their hands in class to answer questions in a larger setting
- Children were more apt to initiate conversation with peers (in school and during extra-curricular activities)
- Children were more apt to initiate conversation with strangers
- Improvements in turn-taking during conversation were noted
- Improvements in clarity and rate of speech were noted

In addition to parent perceptions, acoustic measures taken from all children (CP and Down syndrome) indicate that: (a) maximum phonation durations increased for all children; (b) dB SPL (an acoustic measure of vocal loudness) increased for maximum phonation and sentence productions; (c) pitch variability decreased along with better harmonics to noise ratios; and (d) pitch range increased overall. We are now in the process of evaluating pre- and post-treatment changes in intelligibility, listener preference and maintenance of these skills 8 to 12 weeks following treatment.



**Dr. Cynthia M. Fox and LSVT®LOUD JR Graduate.**

The Edmonton group is also examining changes in muscle physiology associated with speech breathing, speech breathing kinematics, and changes in the central nervous system using MRI-DTI (water diffusion tensor imaging). These indicators will help us better understand the underlying mechanisms of central and peripheral nervous system neuroplasticity and will hopefully inform treatment dosage, prescribed amounts of practice, and maintenance schedules for pediatric populations.

We have a long way to go in terms of proving treatment efficacy but we are excited about each step and look forward to sharing our results along the way.

## Shout It Out LOUD in Germany! *Article submitted by our colleague Dr. Thomas Brauer*



From left to right:  
LSVT Global faculty  
**Dr. Cynthia Fox** and  
**Angela Halpern**,  
translator  
extrodinairre  
**Dr. Hieke Penner**,  
local workshop  
coordinator and host  
**Dr. Thomas Brauer**.

*"All you need is LOUD, LOUD, LOUD!"* with these words, **Dr. Cynthia Fox** concluded the 5<sup>th</sup> German Lee Silverman Voice Treatment (LSVT®) workshop for the logopedic treatment of Parkinson Disease in patients. It was the second time that the **German Association of Logopedics** (Deutscher Bundesverband für Logopädie e.v.) organized this highly popular workshop for logopedics in cooperation with the academy in Mainz. Eighty-seven participants from all over Germany, Belgium and Luxembourg came to the Academy at the Pulverturm and watched carefully, critically, and highly ambited, as the two American logopedics **Dr. Cynthia Fox** and **Angela Halpern** demonstrated their work.

On the first day, Dr. Fox gave a detailed explanation of the effects of Parkinson Disease and the theoretical foundation of the LSVT® therapy. Ms. Halpern explained the treatment by giving concrete and practical examples. And when everyone joined in with the loud "Ah", you could also hear a LOUD sigh of comprehension from all participants.

to the **Academy of Logopedy**. The teaching hospital in Mainz sent out invitations via newspaper inviting patients to participate in the workshop. The head of the academy welcomed the guests and explained to them the fairly new treatment method they would soon experience. He showed them a very successful and impressive example of the treatment conducted last year, which was highly motivating for all the patients. Groups of four or five logopedics tried out the new **LSVT®LOUD** method with patients for about an hour. From every room you could hear LOUD, LOUD, LOUD exercising. For many patients this was a crucial moment, as they had not been able to produce their speech, as LOUD as in this session, for a very long time.

*"Where can I find a logopedic to continue therapy?"* was a much asked question after the workshop, which is the best sign of a successful day for the newly **LSVT®LOUD** certified logopedics. The American colleagues were deeply impressed with the enthusiasm of the logopedics and the wholehearted commitment of the patients. *"We look forward to next year's event"* were the closing remarks of the Americans – so the next **LSVT®LOUD** workshop could very well be in Mainz again.

You can find **LSVT®LOUD** certified logopedics in Germany on the LSVT Global website ([www.lsvtglobal.com](http://www.lsvtglobal.com)).

# A First for Finland!

Article submitted by our colleagues *Minna Meller and Heli Äikäs\**

The very first **LSVT<sup>®</sup>LOUD** training and Certification workshop in Finland took place in Helsinki on August 28-29, 2008 at **Aurora Hospital**. Almost 80 Speech and Language Therapists from all across Finland, Sweden, and Estonia attended the workshop. All attendees were very keen on learning a new treatment method which has such strong published efficacy data and that has already been used in so many other countries. During the two day workshop, energetic and enthusiastic lecturers **Dr. Cynthia Fox** and **Dr. Lorraine Ramig** held participants' interest from their very first words. Although the workshop was presented in English (for native Finnish, Swedish and/or Estonia speaking people) everyone could easily follow the instruction, thanks to Drs. Fox and Ramig speaking clearly, with such good humour and practical examples.

All of the therapy materials and interview forms we received at the workshop had been translated into Finnish and Swedish, which was a big plus! Eleven volunteers from Parkinson clubs from throughout southern Finland participated in the practice session. This let us experience and observe the positive effects of the **LSVT<sup>®</sup>LOUD** protocol first hand. Many of the volunteers told us they could feel a change in their voice after just a few exercises and were anxious to learn more about **LSVT<sup>®</sup>** and to tell others about it.

Since the workshop, we have visited a number of volunteer based Parkinson clubs to talk about **LSVT<sup>®</sup>LOUD** and the interest in this protocol and willingness to participate in therapy appears huge. Speech Language Therapists have now started to use **LSVT<sup>®</sup>LOUD** and it has been incredibly motivating to notice the change that this treatment has in people; in their voices, and their being as a whole. Patients seem to be very motivated to practice at home, after noticing the effect this protocol has on their speech and voice.

The organizer of the **LSVT<sup>®</sup>** workshop in Finland received extremely positive feedback from all attendees. **LSVT<sup>®</sup>LOUD** was regarded as being very practical and the efficacy data is clear. We can easily recommend this workshop to our other colleagues. This method is worth learning!

\*Minna Meller, Hyvinkää hospital, Neurology clinic. Heli Äikäs, Hyvinkää hospital. Neurology outpatient clinic.



Helsinki **LSVT<sup>®</sup>LOUD** workshop attendees



Helsinki workshop attendees practice the **LSVT<sup>®</sup>LOUD** protocol in small groups.



Dr. Lorraine Ramig and Elina Kankare practice saying "ah"

**What people are saying!**

*"Wow! This will change forever how I deliver therapy."*

*"I finally have a treatment that will actually work with PD patients"*

# 2009 Workshops

## LSVT® LOUD

### Training & Certification Workshop Schedule

Boulder, CO	Jan 9-10
Phoenix, AZ	Feb 27-28
Jacksonville, FL	Mar 19-20
Long Beach, CA	April 30-May 1
Minneapolis, MN	May 7-8
London, Eng.	May 11-12
Medford, OR	May 28-29
Chicago, IL	June 18-19
Athens, Greece	June 27-28
Brisbane, Australia	July 23-24
New York, NY	Aug 6-7
Niigata, Japan	Aug 22-23
Stockholm, Sweden	Sept 3-4
Mainz, Germany	Sept 12-13
Sunnyvale, CA	Sept 17-18
Scottsdale, AZ	Sept 19-20
Dallas, TX	Oct 2-3
Charlotte, NC	Oct 22-23
Cambridge, Eng.	Nov 2-3
New York, NY	Dec 3-4

*Join the over 4,000 clinicians worldwide already certified in this valuable treatment technique for patients with neurological disorders!*

For more information and to register for either

**LSVT® LOUD** or  
**LSVT® BIG** visit:

website: [www.LSVTGlobal.com](http://www.LSVTGlobal.com)

Call: **1-888-438-5788**

Email: [info@LSVTGlobal.com](mailto:info@LSVTGlobal.com)

## LSVT® BIG

### Training & Certification Workshop Schedule

Phoenix, AZ	April 3-4
Long Beach	May 2-3
Minneapolis, MN	May 7-8
Chicago, IL	June 18-19
Scottsdale, AZ	Sept 19-20
Dallas, TX	Oct 2-3
Charlotte, NC	Oct 24-25

**What people are saying!**

*"I will use BIG to back up my multidisciplinary team members."*

*"Now I know how to transfer BIG to practice!"*



# Never Mind. It's Not Important...Or is it?

Article Submitted by **Mike O'Leary**

I don't know how many times it happened each day, but it was too many. I would say something to my wife, just ordinary conversation, in a normal voice, and then she would ask me to repeat myself. *"What is her problem? Is she losing her hearing?"* I thought to myself. After about the fourth or fifth time, I'd snap back, "NEVER MIND!" She says, *"Mike, I can't understand what you are saying."* I'd snap back again, "NEVER MIND... IT'S NOT IMPORTANT!"

When I took my daughter to lunch and said something to her, she just smiled at me. I realize now that she was just trying to be kind and not hurt my feelings. She could not understand what I was saying. And when I said something to someone I didn't know, they often responded in ways that had nothing to do with what I asked. You see, I was diagnosed with Parkinson disease in 2002, at 43 years of age, and I began to notice more and more people were asking me to repeat myself... but I just figured they were all hard of hearing.

I recently attended a national Parkinson Disease (PD) conference where several concurrent learning sessions were conducted. I chose to attend one plenary on **LSVT<sup>®</sup>LOUD**, presented by **Dr. Cynthia Fox** and **Dr. Lorraine Ramig**. I was impressed by how loud, clear, and effortlessly they spoke throughout their presentation. Yet, I kept thinking **LSVT<sup>®</sup>** would be great for someone else... someone who needed therapy... not me. But later, after listening to a recording of myself talking, I could not believe how bad I actually sounded. I had no clue. After all, when I spoke, it sounded good to me.

I realize that PD will not go away by itself. Medications may relieve a host of physical symptoms, the rigidity and some tremors, but not voice issues. Take it from me... nothing is more frustrating and stressful than having to repeat yourself time and time again. It can cause someone to withdraw and stop communicating altogether. But I have a lot to say. No one can speak for me. I want to be understood. I want to learn how to speak LOUD and clear. I want to tell PD support groups just how important it is to remain involved, to let elected officials know they must continue funding for PD research, to tell a class of students what it is really like to live with PD... not just learn what the textbook says. I want to go out with friends and join in the

conversation and not be afraid to speak up. I dearly want to have a normal conversation with my wife again.

Dr. Fox was preparing a case study and needed to work with someone with speech problems related to PD. She lives in Tucson and I live in Phoenix, which thankfully enabled me to participate in the study. We spent an hour a day together, four days a week for four weeks. The final test at the end of therapy was to meet at a coffee shop at one of the busiest intersections in Tucson; sit outside on the patio during rush-hour, and have a conversation that she could easily understand. I passed!

But like many things in life, nothing lasts forever. It would be great if therapy would simply fix the problem, but just like physical exercise, you have to keep at it or the benefits fade over time. It is the same with speech. I didn't do my LOUD exercises at home. My voice deteriorated and soon I was struggling again. Fortunately, I ran into Dr. Fox at another conference and she referred me to **Jill Cable**, an **LSVT<sup>®</sup>LOUD** Certified Therapist who also lives in Phoenix. I made an appointment and after a few reading and talking exercises, Jill told me that I still had a strong voice and just needed a tune-up.

I spent one week with her for an hour each day, and about a week later, I had an appointment with my neurologist and she commented, *"You sound better, did you do something?"* My wife even commented, after my recent talk at a Parkinson's conference, that she was impressed by how loud, clear, and effortlessly I spoke during my presentation.



**Mike and Linda O'Leary**  
Parkinson advocates  
and both living  
with PD.

# LSVT Global Offerings

**LSVT Global** has exciting products and workshops for patients and clinicians alike.

## DVDs

- **LSVT®LOUD Homework Helper**  
(currently available)

Speech exercises for people with Parkinson Disease and other neurological conditions

- **LSVT®LOUD 101 DVD**  
(currently available)

A 42 minute introduction lecture ideal for patient support groups, introductory student lectures, or basic in-service presentations. The DVD includes an example of a person with PD PRE/POST **LSVT®LOUD** and an example of vocal folds of a person with PD PRE/POST **LSVT®LOUD**.

- **LSVT®LOUD Homework Helper Cantonese** (currently available)

Speech exercises for people with Parkinson disease and other neurological conditions

- **LSVT®LOUD 202 DVD**  
(coming soon)

Intermediate lecture for either patient support groups, academic lectures or in-service for health care professionals

## LSVT®LOUD & LSVT®BIG Marketing Brochures

(currently available)

As a Certified **LSVT®** Clinician, you need to get the word out that you are ready for **LSVT®** business. **LSVT®** marketing brochures are the perfect way for you to advertise yourself as a Certified **LSVT®** Clinician.

## LSVT®BIG Homework Helper Card Series

(coming soon)

This series of exercise cards will help patients recall the therapeutic movements that unlocked the key to their mobility. Designed by leading experts in the **LSVT®BIG** method, patients will have this practical, hands-on exercise regimen at their fingertips, bridging the time between therapy sessions.



## LSVT®LOUD

### LAUNCHER (coming soon)

Will provide clinicians with a variety of materials critical to the successful implementation and integration of **LSVT®LOUD** into their individual practices

## E-LEARN SEMINARS

(coming soon)

- **E-Learn Seminars** – On-line learning portal where certified clinicians can earn continuing education credits and sharpen their skills

## WORKSHOPS

(currently available)

- **Over 20 Workshops planned Worldwide in 2009** – For clinicians to become certified in the **LSVT®LOUD** or **LSVT®BIG** treatment methods

## LSVT®E-LOUD

(currently available)

- **E-Loud Treatment Delivery** – An on-line treatment method where patients can receive therapy from the comfort of their own homes via webcam

## LSVT-C SOFTWARE

(coming soon)

- A new software program for **LSVT®** Certified Clinicians that will facilitate data collection, analysis, and treatment delivery... plus a version for clients that will allow for continued home-treatment, practice, and exercise at the end of therapy.

## LSVT®LOUD in China!

**Dr. Lorraine Ramig** was invited by **Dr. Jack Jiang** to present **LSVT®LOUD** at **Shanghai EENT Hospital, Fudan University Medical School**. Dr. Ramig toured the medical facility and visited Beijing as well. This is the beginning of a collaboration with Dr. Jiang and his colleagues to introduce **LSVT®LOUD** to China. Two of Dr. Jiang's fellows will be trained this spring as a first step, as well as translation of **LSVT®LOUD** patient materials into Mandarin.



**Dr. Lorraine Ramig** (center) and **Dr. Jack Jiang** (right) with nurse colleagues in Shanghai.

## Annual HOPE Conference Huge Success!

The **HOPE Conference** was held in Seattle, Washington on November 1, 2008. It is the largest single-day Parkinson educational event in the US. **Drs. Cynthia Fox** and **Becky Farley** were honored to present "**Amplitude Based Therapies for Parkinson Disease: LSVT®LOUD and LSVT®BIG**" at the conference which is sponsored by the **Northwest Parkinson Association** and the **Washington Chapter of the American Parkinson Disease Association (APDA)**. There were 550 participants at the HOPE conference this year. Kudos to the local APDA organizers, **Marne Baca** and **Evelynne Davis** and to **Alecha Newbern** of the **Northwest Parkinson Foundation**, for a successful event.



**Dr. Lorraine Ramig** on the Great Wall producing a **LONG, LOUD "ah"**



**HOPE Conference presenter Dr. Cynthia Fox** (left), **Davis Phinney Foundation founder Davis Phinney** (middle), and **Northwest Parkinson Association Executive Director, Bill Bell** (right).

**SAVE THE DATE!**

**Saturday, April 25, 2009**  
**Central Park, New York**  
**15th Parkinson's Unity Walk**