3. What is the Lee Silverman Voice Treatment Program (LSVT)(CM) ?

The Lee Silverman Voice Treatment Program is the only scientifically documented effective speech treatment program for people with Parkinson's disease. It is named for a former individual with Parkinson's disease and was developed from 1987-1989 by Lorraine Olson Ramig, Ph.D. CCC-SLP and Carolyn Mead Bonitati M.A., CCC-SLP as they studied and treated 150 people with Parkinson's disease. As this researcher and clinician reviewed the literature on past and current therapy, it became clear that there were key concepts that made the progress last well beyond the walls of the therapy room.

The five key components of the LSVT(CM) are:

1. **The focus of therapy is VOICE, not speech.**

2. **A high effort level is required during every voicing attempt.**

3. **The treatment is intensive, consisting of 16 indvidual sessions in one 4 week period.**

4. **Each person is "calibrated" to understand how it feels to produce a good voice.**

5. **The results of each therapy session are quantified with measures that give immediate feedback on the progress you are making. "Before" and "After" video tapes are common.**

LSVT(CM) Homework Practice

When you practice, have a timer or clock with a second hand, a pencil, a straight-back chair to sit in. Remember to use ***maximum phonatory (voice) effort*** for all tasks!

A. Say **"ah"** for as many seconds as possible! Try to make each **"ah"** loud and clear. Take a deep breath and go! Open your mouth wide! Use the pushing exercises we have done in therapy if that makes you louder. Record the duration of your "ahs" on the attached practice sheet.

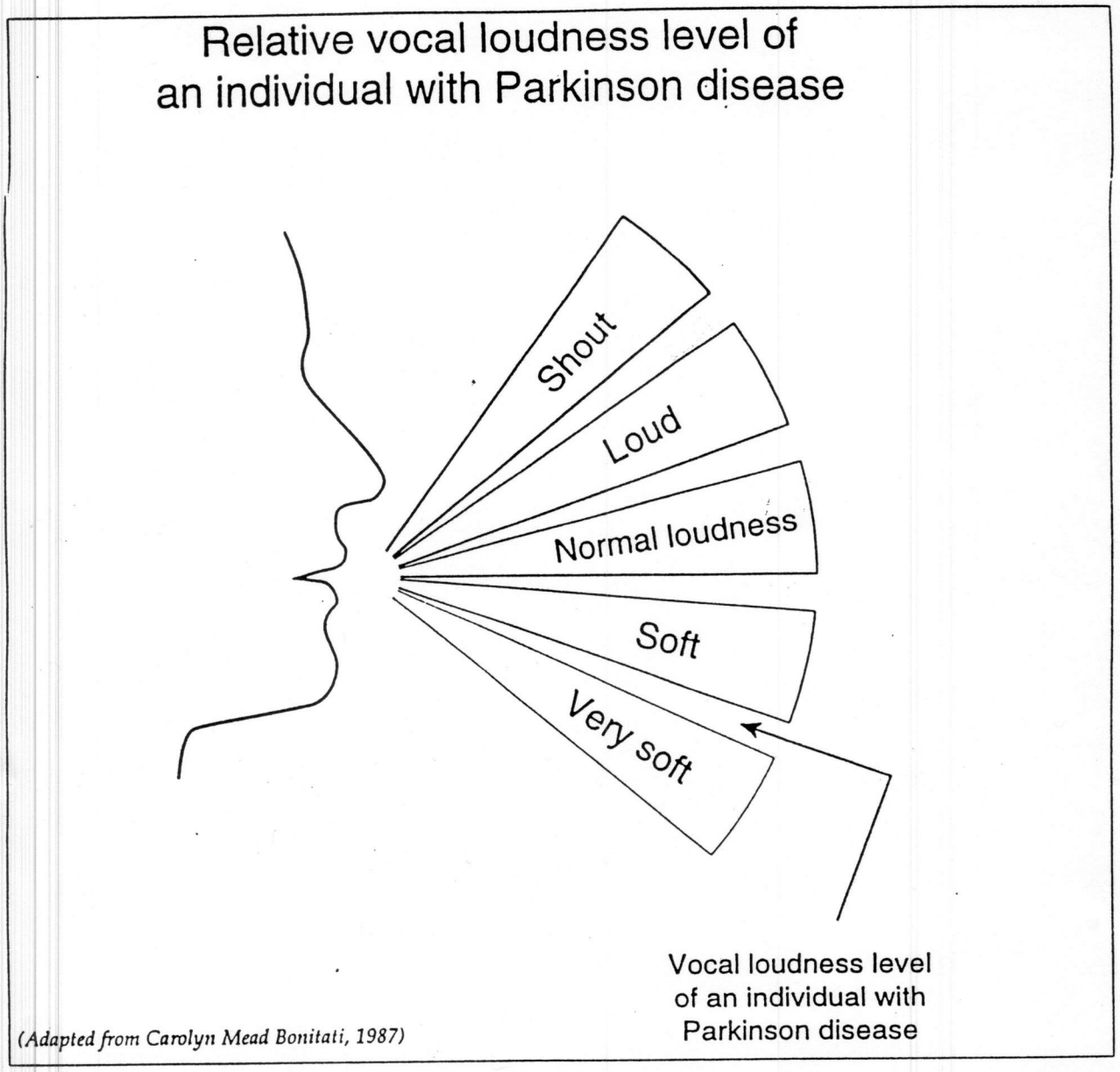
Swallow first.

B. Say **"Ah"** six times as **high** and as **low** in pitch as you can and hold it there. Record completion of this exercise on the attached practice sheet.

C. Say these words **loudly** and **clearly**. Take a deep breath before each word. If you need it use the pushing technique to get you louder and stronger. After you become bored with the "A" words you may create your own "B", "C", "D", words etc.

1. apple
2. ankle
3. adopted
4. awkward
5. aunt
6. accident
7. affect
8. already
9. admire
10. accordion
11. another
12. apology
13. animal
14. amiable
15. alumni
16. always
17. accent
18. airplane
19. agenda
20. adore

Loudness Diagram



In the example above, the middle box indicates **Normal loudness**. Notice the "amount of effort" necessary to move from **Normal loudness** to the higher boxes labeled **Loud** or **Shout**.

For an individual with Parkinson disease, her vocal loudness has dropped to one of the two lower boxes labeled **Soft** or **Very soft**.

As a result, the individual with Parkinson disease will need to use more **vocal effort** to be able to speak at the **Normal loudness** level. The amount of vocal effort she needs to use to reach a level of **Normal loudness** feels similar to the amount of vocal effort previously used to be **Loud** or to **Shout**.

VOICE TREATMENT FOR PARKINSON DISEASE AND OTHER NEUROLOGICAL DISORDERS

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