



# LSVT

THE LEE SILVERMAN VOICE TREATMENT

An effective, evidence-based treatment, designed to help people with **PARKINSON'S DISEASE** communicate with a clearer, stronger, louder voice.



Meet  
**Jo Smidt**  
Our resident  
LSVT-certified  
clinician

LSVT (or the Lee Silverman Voice Treatment) was first developed in 1987 by Dr. Lorraine Ramig. She had a patient named Lee Silverman with Parkinson's disease (PD), who as a result of her PD had trouble communicating. Her family expressed the wish to be able to understand her.

This spurred on Ramig's life-long work to develop an effective speech treatment for people with Parkinson's disease.

LSVT is now considered the 'gold-standard' and has shown improvements in loudness, variation in pitch, articulation, swallowing and even facial expressions for up to 2 years post-treatment.

LSVT is delivered in an intensive, high frequency, one-on-one fashion.

- One hour sessions
- Four sessions a week
- Four weeks in a row
- Daily homework and exercises

The treatment specifically addresses the **motor** (soft, monotone voice) and the **sensory** (misperception of how loud one's voice is) symptoms that people with PD face.

LSVT trains clients to strengthen their voice and speak at a more normal loudness level at home, work or in the community.



Call now on 08 7226 3223 or visit [www.onerehabilitationsservice.com.au](http://www.onerehabilitationsservice.com.au) to find out how we may be able to help you!