

**LSVT BIG® & LSVT LOUD® Program Offered at
Christian Care Outpatient Physical Therapy**

Christian Care's Outpatient Physical Therapy is now certified to offer a globally recognized program to help Parkinson's disease patients. LSVT Global, Inc. pioneered two programs, LSVT LOUD® and LSVT BIG®, which are innovative and clinically-proven methods for improving communication and movement in individuals with Parkinson's disease.

Our Medical Office Manager, Robin Allen, initially created a Parkinson's support group on campus in July 2016. She then noticed that some of the patients were participating in therapy programs at other locations, but it was difficult for them to find transportation. Allen began trying to find a way to create a therapy program on the Christian Care campus in Phoenix. Now, two of our therapists have become LSVT BIG Certified® and LSVT LOUD Certified® enabling us to offer the programs on campus!

The "BIG" portion of the program is the physical therapy piece that uses the principles of exaggerated movements to address limb movements. It has been found to increase gait speed, balance and quality of life.

The "LOUD" portion is the speech piece; it teaches patients to increase their vocal loudness to normal levels. This therapy helps patients make themselves heard and understood.

Julian Manaloto, PT, DPT, CSCS, one of the therapists, said he anticipates that the program will produce great results.

"I've probably used this on four patients so far. It has definitely brought some significant changes; I've seen these patients be able to turn into their chairs and their walkers without being shaky and unsteady," Manaloto said.

Community patients are invited to be part of this therapy as well; they do not have to be residents. The Parkinson's support group, which meets on the third Wednesday of each month at 1:00 p.m., is also open to community patients.

Christian Care Outpatient Physical Therapy

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