LEE SILVERMAN Voice Treatment Program (LSVT)

What is LSVT®?

The most effective treatment to improve speech in people with Parkinson Disease (PD), the Lee Silverman Voice Treatment Program is becoming an effective new treatment for children with cerebral palsy and Down syndrome. LSVT® is a proven effective speech treatment program that restores oral communication in individuals with Parkinson disease (PD) beyond what current pharmacological and surgical interventions can offer. The program requires 1 month of intensive therapy (4 times per week for 4 weeks) and then continued homework (5-10 minutes) on a daily basis to keep the voice alive. Find out all about LVST by visiting www.lsvt.org.

Goals of LSVT®

The LSVT® approach centers on a very specific therapeutic target: increased vocal loudness. This key target acts as a "trigger" to increase effort and coordination across the speech production system. This focus provides a comprehensive motor organizing theme that impacts multiple levels of the motor output process in patients while limiting cognitive load, as individuals with neurological disorders often have difficulty with attention-demanding, complex tasks (Fox et al., 2002). Our research has shown that a treatment with a simple focus (e.g., "think loud" in speech production) may generalize to other systems (e.g., articulation, speaking rate, swallowing, respiratory mechanics).

Who Would Benefit from LSVT®?

In addition to children with Cerebral palsy and Down syndrome, individuals with any of the following challenges would benefit from LSVT:

- Children with other sensory-motor planning deficits, such as apraxia
- Adults with Parkinson Disease
- Adults with Multiple sclerosis, stroke, atactic dysarthria, aging voice, or vocal fold paralysis

Opening a New Pathway

SPEECH PATHways is eager to apply the principals of LSVT to the treatment of children with a variety of sensory-motor planning deficits, including those with Cerebral Palsy, Down Syndrome and Apraxia. In addition, SPEECH PATHways is expanding our comprehensive speech and language program to include services for adults who have been diagnosed with Parkinson Disease. Our highly qualified staff includes two therapists who are trained and certified in LVST. Visit us online at www.speechpathways.net.