



APRIL 2022

# NEWSLETTER

Your Resource for a Healthy Lifestyle

## SO, WHAT IS LSVT BIG?



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Honoring Amy



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# NEWSLETTER

Your Resource for a Healthy Lifestyle



## SO, WHAT IS LSVT BIG?

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**West Seneca**  
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**Kenmore**  
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**Buffalo**  
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**L**SVT BIG® IS A STANDARDIZED TREATMENT PROTOCOL USED FOR THE IMPROVEMENT OF BOTH GROSS AND FINE MOTOR SKILLS FOR PEOPLE WITH NEUROLOGICAL DISORDERS, TYPICALLY PARKINSON'S DISEASE. IT CAN BE USED TO TREAT VARIOUS DISEASES, IMPAIRMENTS, AND CONDITIONS, WHICH MAY FLUCTUATE IN SEVERITY FROM PATIENT TO PATIENT. THIS FORM OF TREATMENT IS CUSTOMIZED TO EACH PATIENT'S SPECIFIC NEEDS AND GOALS, AND IT CAN BE ADAPTED OR PROGRESSED TO MEET SUCH REQUIREMENTS.

For more information regarding LSVT Big® treatments and the benefits they offer, contact Trilogy Physical Therapy today!

### WHAT IS LSVT BIG®?

LSVT stands for "Lee Silverman Voice Treatment." Two branches come off of it; "Big" and "Loud." LSVT Big® is a form of treatment that may be unknown to most. These treatments are expanded from existing software used to help with speech.

While this is a treatment primarily done with Parkinson's patients, other conditions can benefit from it as well. It is based on the principle of neuroplasticity, which refers to the ability of the nervous system to change in response to signals - essentially, the brain's capability of learning and evolving.

Scientific research done on the results of LSVT Big® has reported significant progress in several categories for people struggling with Parkinson's Disease, including:

- Improved balance
- Increased trunk rotation
- Faster walking, with bigger steps
- Improvements in activities of daily living, such as dressing, bathing, eating, and writing

*Call one of our convenient locations TODAY to schedule your return appointment!*

# WHAT IS A TYPICAL TREATMENT SESSION LIKE?

LSVT Big® uses a large amplitude training (also known as Be BIG!) in order to elicit improved and healthy movement as a new normal for patients.

These treatments are typically administered in 16 individual sessions over the course of one month, which equals out to four 60-minute sessions per week. This intensive mode of administration is consistent with theories of motor learning and skill acquisition, as well as the principle of neuroplasticity. Because of this, intensive treatments are critical in reaching the most optimal results possible.

LSVT Big® treatments don't only stimulate the motor system - they also incorporate sensory awareness training in order to help patients with impairments such as Parkinson's Disease recognize when their movements are too small. This helps in convincing them their bigger movements are within normal limits, and it also makes

them comfortable with their new bigger, faster, and safer movements when walking, dressing, or eating.

## COULD LSVT BIG® TREATMENT BENEFIT ME?

It is likely that anyone with motor skill impairments will be eligible for LSVT Big® treatments unless a physical therapist recommends otherwise. Sometimes, issues can be treated with other methods of physical therapy. Either way, our physical therapists will ensure you receive the best quality care for your condition!

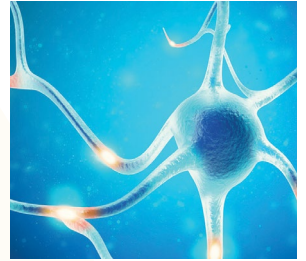
Eligibility for LSVT Big® treatments will be determined by one of our certified physical therapists. First, the patient undergoes a physical evaluation to test their movements and examine both their gross and fine motor skills.

They will likely be asked to participate in several diagnostic tests, such as movement investigation or gait analysis.

Once a diagnosis has been determined, their physical therapist will begin designing an individualized treatment plan based on their needs.

## CALL OUR CLINIC TODAY

If you have a condition that impairs your motor skills and you'd like to learn more about the LSVT Big® treatments we offer, contact Trilogy Physical Therapy today. We'll make sure you receive the treatment and care you need!



HAVE YOU SEEN OUR M.O.G.?  
REQUEST A TOUR TODAY!

## HEALTHY RECIPE SALMON & AVOCADO TOAST



### Ingredients:

- 1 ripe avocado, pitted
- 2 tsp lemon juice
- 1 tsp minced fresh tarragon
- 24 toasted slices of pumpernickel bread/melba toasts
- 1 tsp coarse Maldon sea salt
- 2 oz smoked salmon, cut into 24 pieces
- Fresh tarragon sprigs, capers, sliced cornichons or olives, poppy or sesame seeds, lemon zest and/or red onion for garnish

### Directions:

Mash avocado with lemon juice and tarragon in a bowl. Spread about 1 teaspoon of the mixture on each piece of bread (or toast). Top with salmon and sprinkle with salt. Garnish as desired.

Source: <https://www.eatingwell.com/recipe/260944/smoked-salmon-avocado-toast/>

## PARKINSON'S OPEN HOUSE

JOIN US FOR AN OPEN HOUSE ON SATURDAY,  
APRIL 30<sup>th</sup> FOR A PARKINSON'S OPEN HOUSE!

WHERE: Kenmore PT & the MOG  
(1491 Sheridan Dr., Kenmore, NY 14217)

WHEN: Saturday, April 30<sup>th</sup> from 10:00 AM – 1:00 PM

PLEASE STAY TUNED FOR THE SCHEDULE OF EVENTS!



# RIDE FOR ROSWELL 2022

## HONORING AMY

In May of 2021 our Chief Administrative Officer, Amy Caruana, was diagnosed with Breast Cancer. Please see the write-up below and fundraiser in her honor. If you wish to donate please visit the link below.

*They say cancer doesn't have a face until it's yours or someone you love. You can be a lifelong supporter of those in their fight but you still think, "that won't happen to me or my family". Until it does.*

*Last May, my mother, Amy, was diagnosed with invasive breast cancer and it was a blow to the gut like I never felt before. It was absolutely devastating to learn that one of the most important people in my life, my best friend, had an illness that could kill her. My mother is an incredible woman and this year she has fought the hardest fight of her life. She has done so with such resolve, courage, poise and strength. I am so proud of her.*

*We are so very lucky to have one of the top world-renowned cancer hospitals in our own backyard and a wonderful team of doctors on our side. Every time I step into those doors with her I have the sense of assurance that she is in the best care.*

*By donating to my ride, you can change the course of so many people's lives. You can make a difference, to be a part of something bigger than yourself. Cancer has many faces across the world and one of them is my Mom's...but because of Roswell she didn't have to be alone in her battle. I can't wait to see her SOON ring that bell and meet me at the finish line this year as a survivor! Please consider donating toward my ride at:*

[Ride For Roswell 2022: Ms. Stephanie Ferguson - The Ride For Roswell \(roswellpark.org\)](https://roswellpark.org)



Did you know we offer a **PLATINUM MEMBERSHIP?**

Our Platinum Membership includes:

- 8-30 minute personal training OR restore sessions a month (can mix-n-match)
- This membership is a great option for helping you determine the regimen that will be most effective in helping you to reach your goals. Each session is one-on-one and helps to keep you accountable and motivated.



**We need your help!** Would you mind taking a few minutes to share your Trilogy experience with the community? Center the QR code of your Trilogy location in the frame of your smart phone's camera to visit our Google Review page and share your success story. Your 5-star review helps us to change more people's lives! **THANK YOU** for your support!

**GRAND ISLAND**



**KENMORE**



**WEST SENECA**



**WHEATFIELD**



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