

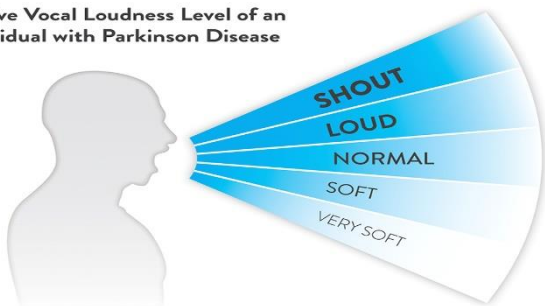


LSVT = Lee Silverman Voice Therapy! The Benefits of the NOW & LATER...

BY Victoria Pavelko, MS CCC SLP

Our Speech-language Pathologists are certified to provide LSVT at the Virginian as part of an intense inpatient or outpatient program. We are excited to have the opportunity to strengthen the head/neck/diaphragmatic musculature that not only improves vocal loudness and intensity but can have **LONG LASTING** health benefits! Benefit **NOW & Later** in life by taking advantage of this program!!

Relative Vocal Loudness Level of an Individual with Parkinson Disease



As a result of Parkinson disease you will need to use more vocal effort to have a voice within normal loudness limits.

(Adapted from Carolyn Mead Bonatos, 1987)

The NOW: (Could you benefit from our services?)

- Do you have trouble making yourself heard and understood in loud environments?
- Are you needing to repeat yourself to friends and family on the phone or in person?
- Have your speech skills resulted in a decrease in social interactions?

You may benefit from participating in our LSVT Loud program to improve your vocal quality, intensity and overall social communication skills! Our program focuses on increasing breath support for improved loudness when engaging in conversations in a variety of environments! You will learn how using a deep breath will allow you to use a strong, powerful voice in your daily life!

The LATER:

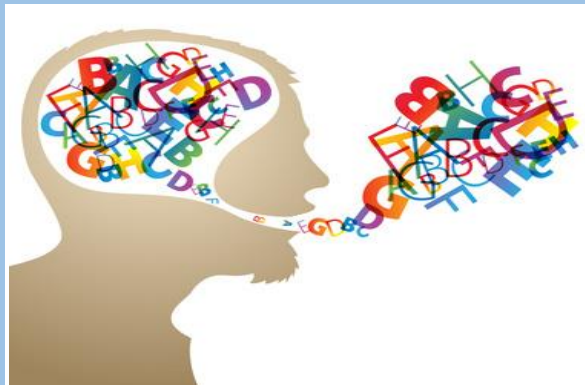
Research on LSVT LOUD began in 1987 and indicates that patients show improvements in vocal loudness and intonation that are maintained for at least **two years** post-treatment. Improvements have also been shown in:

- Speech Articulation
- Facial expressions
- Speech intelligibility during conversations
- Swallowing
- Neural functioning

(This extensive outcome data have been published in a series of refereed journal articles in speech, otolaryngology and neurology journals and are summarized in review chapters published in speech and neurology texts.)

Do It NOW for ADDED Benefits LATER:

Speech pathologists understand the importance of strong communication skills and a safe, effective swallow later in life. By participating in our program **NOW**, your head and neck muscles are being strengthened for **LATER**. Your airway will be better protected for safer eating and drinking with a reduced risk of developing pneumonia in your lungs (aspiration pneumonia). Your voice will remain strong and effective in multiple situations and your overall quality of life will be improved as you are able to effectively meet your hydration and nutrition needs! We are excited that something we do **TODAY** can help with your function **TOMORROW!**



Dance to Move Better

By Kirsten Bodensteiner, PT, DPT

We recently began offering a movement/dance class for all interested clients. The class is open to people of all abilities, even those who are wheelchair bound. While the class is especially beneficial for those with Parkinson Disease, it is open to anyone who wants to improve flexibility, challenge their brain and body, and above all, have fun!

The class starts with a seated warm up of the upper body and torso. Every week the class has a **theme**, and **movement** is done with the theme in mind. The class includes upper and lower body movements, standing dance phrases and movement across the floor. The movement sequences are taught with an emphasis on whole group participation and are broken down clearly for better understanding. There is also a chance for participants to be creative!

The class taught at The Virginian is based on the model created by the Mark Morris Dance Group in Brooklyn, NY. Like their Dance for PD classes, the class at The Virginian ends with a "passing of the pulse." Participants hold hands and pass energy from one to the next with a gentle squeeze of the hand. This ending is fitting as it reminds us all we are connected, Parkinson Disease or not.

The dance class is taught by **Kirsten Bodensteiner**, a physical therapist working at Virginian Outpatient Therapy. While Kirsten is a physical therapist, the class is not therapy. It is a **dance** class open to dancers (not patients) of all abilities. Please come join the group on Tuesdays from 3:30-4:30 in the activity room on level B1. It would be great to see you there!

Benefits of Dancing

- ✦ More research is emerging showing that dance is especially beneficial for people with **Parkinson Disease**. Both dance and endurance training increase activity in one area of the brain, the hippocampus, that plays a role in memory and learning, both of which can decline with age. Dance is special, however, as it leads to noticeable changes in terms of balance.
- ✦ Another benefit of dance is that it is done to **music**. Not only does this increase the enjoyment of moving, it also has been shown to improve the ability to move in people with Parkinson Disease. When people hear a song or try to move to a beat, they are sometimes able to avoid episodes of "**freezing**" that are common with Parkinson Disease. Since the basis of dance is rhythm, it naturally incorporates this aspect for improved mobility.
- ✦ While dance has numerous physical benefits, there are many other non-physical ones. Dance is a celebration of life! Dance incorporates a mind body connection and involves expression. With dance, one can **communicate** emotion, tell stories, and create something **meaningful** or beautiful. It is hard not to feel joy when dancing with a group of people. Dance breaks down a sense isolation and reminds us that we are all part of a human community.



UPCOMING EVENTS

COME AND JOIN US!!!

- **Dance to Move Better (Free for PFNCA member)**
EVERY TUESDAY 3:30PM-4:30PM IN THE B1 ACTIVITIES ROOM
- **Circuit Training Class "Stronger Together" every Monday 3:45-4:30pm**
- **1:1 PERSONAL BOXING PROGRAM WITH KELLEY GRANT *NOW OFFERING DUO CLASSES***
EVERY WEDNESDAY – FRIDAY AT 3-5 PM IN B2 OUTPATIENT GYM
- **THERACYCLE PROGRAM WITH A LICENSED THERAPIST**
- **Pelvic Floor/Pain (accepting new patients)**

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