

LSVT Loud and SPEAK OUT! Therapy



What it is

LSVT Loud and SPEAK OUT! are two evidence-based treatments for people with Parkinson's disease and other movement disorders. Both designed to address speech, voice, and swallowing challenges. This handout provides a comparison of LSVT Loud and SPEAK OUT!, to help you select the right option for you.

LSVT Loud

1. Focus on THINK LOUD.
2. Strict treatment protocol.
3. Intensive 4-week program, 4 individual sessions per week.
4. 1-2 home practice sessions daily.
5. After intensive treatment, there can be light ongoing SP monitoring.
6. Very strong research evidence.
7. ENT consult recommended prior to treatment.

SPEAK OUT!

1. Focus on speaking with INTENT.
2. More flexible treatment protocol.
3. Usually, 2-3 sessions per week for several weeks.
4. One home practice session daily.
5. After individual treatment, there is ongoing weekly attendance at group therapy.
6. Emerging research evidence.

How We Can Help

Discuss your goals and preferences for therapy with your speech pathologist. We can guide you through the decision-making process, to help you choose a treatment that best meets your needs. It might depend on the intensity and flexibility of therapy (e.g. strict 4-week protocol vs flexible protocol), treatment focus (loudness vs intent), or research evidence. No matter your choice, remember that both LSVT Loud and SPEAK OUT! are established and evidence-based programs. We choose to be trained in both, so that we can best support you on your journey to improved communication.

**Contact us if you want to
know more**

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