

Tailored physical therapy helps people with Parkinson's

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LEDE: A tailored physical therapy program is helping Parkinson's patients regain independence. Tim Ditman has more on the program at OSF HealthCare.

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The L-S-V-T BIG program focuses on amplifying, intensifying, and calibrating movements like standing, walking, and writing.

OSF occupational therapist Caitlin Cleveland.

*SOUNDBITE: "Because patients tend to do smaller and slower movements, they're not used to the intensity of what a normal step or reach would look like," Cleveland says. "So we're really trying to override that with the intensity and effort of a normal movement."*

I'm Tim Ditman.

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TAG: Check with your primary care provider or neurologist to see if the LSVT BIG program is offered near you.