

Scarborough Physical Therapy

Associates, P.A.



Introducing our LSVT BIG[®] program for individuals with Parkinson's disease



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We are excited to announce the start of our LSVT BIG program at Scarborough Physical Therapy Associates, PA. LSVT BIG is a scientifically researched evidence based treatment program for people diagnosed with Parkinson's disease. It has been shown to improve balance, increase walking speed, improve trunk rotation, and improve ease of activities of daily living. It is an effective and empowering treatment for people in all stages of Parkinson's disease. We will customize your program to your unique goals and can adapt the protocol across a wide range of disease severity. It is a standardized treatment protocol consisting of the following:

16 sessions: 4 consecutive days a week for 4 weeks

Individual one-hour sessions

Daily homework practice

Daily carryover exercises

At Scarborough Physical Therapy Associates, PA, we have four trained and certified physical therapists who can guide you through this process. The program is covered by most insurances. Contact us for more information and to schedule your appointment today!