

LSVT BIG[®] Daily Therapy Session Overview

MAXIMAL DAILY EXERCISES

1. Floor to Ceiling (seated) – 8 Repetitions

1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____

2. Side to Side (seated) – 8 Repetitions to each side

Right Side: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____

Left Side: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____

3. Forward Step and Reach (standing) – 8 Repetitions each side

Right Side: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____

Left Side: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____

4. Sideways Step and Reach (standing) – 8 Repetitions each side

Right Side: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____

Left Side: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____

5. Backwards Step and Reach (standing) – 8 Repetitions each side

Right Side: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____

Left Side: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____

6. Forwards Rock and Reach (standing) – 10 Repetitions each side

Right Leg Forward:

1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10 _____

Left Leg Forward:

1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10 _____

7. Sideways Rock and Reach (standing) – 10 Repetitions each side

Right Twist:

1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10 _____

Left Twist:

1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10 _____

FUNCTIONAL COMPONENT TASKS

Movement #1: BIG Sit to Stand

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Movement #2:

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Movement #3

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Movement #4

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Movement #5

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

BIG WALKING: (Describe distance, surfaces, time, etc.) _____

HIERARCHY TASKS: (Comment on patient effort, modeling, cueing, assistance, progressions)

Hierarchy 1: _____

Hierarchy 2: _____

Hierarchy 3: _____

CARRYOVER ASSIGNMENT: _____

Session Notes: _____
