

Target Area: Communication, Language, Speech Disorders

<p>Baumgartner, Sapir &amp; Ramig (2001). <i>Voice Quality Changes Following Phonatory-Respiratory Effort Treatment (LSVT) Versus Respiratory Effort for Individuals with Parkinson Disease</i>. <i>Journal of Voice</i> 15(1): 105-114</p>	<p>PEDro score - 5/10</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p>Design:  Y Studytype: RCT.  Y Population: n=20 with Parkinson's Disease with moderate breathiness and hoarseness prior to treatment.  Y Groups:  1. LSVT group (n=13, 85% male).  2. RET group (n=7, 71% male).  Y Setting: Not stated.</p> <p>Primary outcome measure/s:  Y Perceptual ratings of breathiness and hoarseness of a voice sample of the "Rainbow Passage".</p> <p>Secondary outcome measure/s:  Y None.</p> <p>Result: Hoarseness and breathiness were improved following LSVT when compared to RET.</p>	<p>Aim: To improve breathiness and hoarseness voice quality characteristics using the Lee Silverman Voice Treatment (LSVT) and compare these to Respiratory Treatment alone outcomes.</p> <p>Materials: LSVT treatment program, RET program. Treatment plan/procedure  Y Duration: 4 weeks.  Y Procedure: Four 1 hour sessions per week.  Y Content:</p> <ul style="list-style-type: none"> <li>• <i>LSVT program</i>: Targets increased vocal effort to increase loudness. The aim is to maximize phonatory efficiency by improving vocal fold adduction. This is done by extremity pushing tasks during phonation tasks, such as maximum prolongation of "ah" and maximum fundamental frequency drills. Participants are encouraged to "think loud" during sustained phonation tasks, reading and conversational speaking tasks. Particular attention is placed on reminding participants to take deep breaths "to be loud".</li> <li>• <i>RET program</i>: Targets increased respiratory muscle activity to increase respiratory volumes. Tasks include maximum inspiration and expiration, maximum prolongation of the voiceless fricatives /s/ and /f/, visual feedback of rib cage and abdomen excursions using the Respigraph system. Participants are encouraged to "breathe" just prior to each of the sustained phonations and during pauses while reading or performing conversational speaking tasks.</li> </ul>