Q&A SPEECH THERAPY FOR PARKINSON’S

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Been told “Speak up!”

Had difficulty being heard in a restaurant

Had to repeat yourself multiple times

Had someone else speak for you

Been ignored

Said “Forget it”
AUTOMATIC OR INTENTIONAL

- **Automatic** movements
  - E.g. swallowing, swinging your arms when walking
  - Smooth motor movements without conscious effort
  - Use the **Extrapyramidal** tract (massive network of neural fibers traveling between many structures)
  - Does not always work well in people with PD

- **Intentional** movements
  - E.g. putting on make up, shaving
  - Use the **Pyramidal** tract (neural fibers travel uninterrupted from the cortex to the brainstem)
  - Not dependent on dopamine
  - Works well for people with PD
EXTRAPYRAMIDAL VS PYRAMIDAL
WHO DOESN’T LOVE A SPORTS ANALOGY?

- **Automatic** movements (Extrapyramidal tract)
  - A shortstop catches and throws the ball automatically
  - Infielders engage the extrapyramidal system when they automatically catch and throw the ball

- **Intentional** movements (Pyramidal Tract)
  - An outfielder catches a fly ball
  - Focused and deliberate movement activates the pyramidal system
SO MAYBE YOU PREFER BASKETBALL...

- Which one is automatic, and which one is intentional...?
EVERYONE: Count from 1-10
- What happened to your speech, your voice?

Highly automatic behavior

Automatic system may not be working well with PD

With PD you can sound monotone, too quiet, too fast, too slow

Your “loudness switch” may not be working (you think you’re speaking at a good level)

Let’s count backwards from 10-1
- What happened to your speech, your voice?

Speech CAN become intentional
When should I get an evaluation by a speech-language pathologist?

- When you have subtle changes in your communication
- When people don't pay as much attention to you
- When your spouse says, “What did you say?”
- DON'T WAIT until people can't hear you

How do I get an evaluation?

- Referral from your MD (PCP, neurologist)
- LSVT Global / Parkinson Voice Project websites
SPEECH THERAPY FOR PD

- SPEAK OUT! (Parkinson Voice Project)

- Lee Silverman Voice Treatment (LSVT Global)
Bypasses the extrapyramidal system and uses the pyramidal system

Less dependent on dopamine

Speaking with INTENT produces louder clearer speech

Be deliberate, focused, purposeful, mindful

Don’t use your ”automatic” voice

Speak like you are the CEO of a company
**SPEAK OUT!**
**PARKINSON VOICE PROJECT**

- [https://www.youtube.com/watch?v=ir6mOGCNJPC](https://www.youtube.com/watch?v=ir6mOGCNJPC)
- Individual therapy (12 sessions)
- Group Therapy (weekly)
- Principles
  - Intensity of practice
  - High effort
  - Specificity of practice
  - Progressive complexity
- **Speech is goal oriented and intentional (never automatic)**
- Live with INTENT (not just speak)
SPEAK OUT! TASTING PLATTER

- ALTOGETHER NOW!
- Warm up with INTENT (say it like you mean it!)
  - May
  - Me
  - My
  - Mo
  - Moo
- Say ‘AH’ (10 seconds)
- Glide UP. Stop. Glide back DOWN
- Counting – backwards in 3s (12, 11, 10…9, 8, 7…6, 5, 4…3, 2, 1)
- Reading (we’ll skip this today)
- Cognitive-speaking exercise – Opposites
**LSVT LOUD!**

- 16 sessions (4x/week for 4 weeks)
- SLP will:
  - MODEL the exercises (Do what I do)
  - SHAPE your voice (LOUD & good quality)
  - Encourage EFFORT (use your LOUD voice!)
  - STABILIZE your voice (repetition, reinforcement)
  - RECALIBRATE (retrain your sensory perception)
  - PERSONALIZE treatment to your needs
- Re-calibration
  - Feel the loudness
  - Rate your effort
  - Increased effort = NORMAL loudness
  - Habituate to new LOUDER voice
  - Personalized for carryover in your daily life
**RESOURCES**

- [https://www.lsvtglobal.com/](https://www.lsvtglobal.com/)
  - From the home page tap on the red box “FIND LSVT CLINICIANS”

- [https://www.parkinsonvoiceproject.org/](https://www.parkinsonvoiceproject.org/)
  - From the home page, tap on “Patients and Families” and select “Find a SPEAK OUT! Provider”
Questions ??
VOICE PRACTICE EXERCISES

You should always be evaluated by a speech-language pathologist before engaging in voice exercises 😊

- Warm up your voice. Say the following with effort:
  - May
  - Me
  - My
  - Mo
  - Moo

- Say ‘AH’ (10 seconds)

- Glide UP. Stop. Glide back DOWN.

- Counting
  - backwards in 3s (12, 11, 10...9, 8, 7...6, 5, 4...3, 2, 1)

- Reading
  - read something out loud using your ‘good’ voice

- Cognitive-speaking exercise
  - Name 5 things in a category with focus and attention to your voice
    - Animals (zoo, farm, domestic)
    - Fruits/ Vegetables
    - Actors
    - States
    - World capitals
    - Sports
    - Desserts
    - Words beginning with a letter of the alphabet
    - Make up your own category