

ADAPTED LSVT BIG[®] MAXIMAL DAILY EXERCISES

Exercise 1. Floor to Ceiling

START BIG → OUT BIG → DOWN BIG →



UP BIG →

**BACK BIG &
HOLD FOR 10**

→ END BIG



Starting position – Sit at the edge of the chair with **BIG POSTURE**.

1. Reach **OUT BIG**.
2. Reach **DOWN BIG**.
3. Reach **UP BIG**.
4. Reach **BACK BIG**.
5. Hold 10 counts. **KEEP YOUR POSTURE BIG!**
6. End **BIG** with hands on thighs.
7. Repeat _____ times.

Exercise 2. Side to Side

START BIG →



**REACH BIG &
HOLD FOR 10**



→ END BIG



Starting position – Sit at the edge of a chair with **BIG POSTURE**. Start with your arm out to the side with a **BIG HAND**. Place the other hand on a chair beside you.

1. Reach ACROSS your body with a **BIG REACH** and **BIG PUSH** with your leg. Maintain your **BIG POSTURE**.
2. **HOLD 10 counts. KEEP YOUR POSTURE BIG!**
3. End **BIG** with your hand on your thigh.
4. Repeat _____ times to each side.

Exercise 3. Forward Step and Reach

START BIG → STEP FORWARD BIG → END BIG



Starting position - Stand with **BIG POSTURE**. Hang onto a stable object for support.

1. **STEP FORWARD** with the one foot and **LAND BIG**. Open your arm and hand **BIG**.
2. Return the same foot back to starting position with a **BIG STOMP** and **BIG SLAP** of hand.
3. Repeat _____ times with each foot.

Exercise 4. Sideways Step and Reach

START BIG → STEP SIDeways BIG → END BIG



Starting position -Stand with **BIG POSTURE**. Hang onto a stable surface with one hand.

1. Step out to the side with the one foot and **LAND BIG**. Reach out with a **BIG ARM** and **BIG HAND**.
2. Return the same foot back to starting position with a **BIG STOMP** and **BIG SLAP** of hand.
3. Repeat ____ times with each foot.

Exercise 5. Backward Step and Reach

START BIG → **STEP BACK & REACH BACK BIG** → **END BIG**



Starting position - Stand with **BIG POSTURE** and with a **BIG HAND** in front of you. Hold onto a stable support with the other hand.

1. Step **BACK BIG** with the one foot while reaching **BACK** with a **BIG ARM**.
2. Return the same foot back to starting position with a **BIG STOMP** with a **BIG ARM** in front.
3. Repeat ____ times on each foot.

Exercise 6. Forward Rock and Reach

ROCK FORWARD → ROCK BACK
& REACH BIG & REACH BIG



Starting Position – Place one foot forward/one foot back in a wide stance with **BIG POSTURE**. Hang onto a stable surface for support with one hand.

1. Begin rocking forward and backward from one foot to the other. No stepping!
2. Gradually add a **BIG ARM SWING**, and keep **ROCKING** forward and back. Keep your **POSTURE BIG!**
3. Repeat ____ times with each foot forward.

Exercise 7. Sideways Rock and Reach

START BIG → TWIST BIG → END BIG



Starting Position - Stand with a **BIG BASE** of support and **BIG POSTURE**. Hang onto a stable surface behind you with one hand.

1. **TWIST BIG** to one side as far as possible, while reaching ACROSS your body with a **BIG** reach.
2. Return to the starting position with **BIG SLAP** of your hand and **BIG POSTURE**.
3. Repeat _____ times to each side.

FUNCTIONAL COMPONENT MOVEMENT #1: Sit to Stand



Starting position – Sit at the edge of the chair with **BIG POSTURE**.

1. Reach forward with a **BIG REACH** and **BIG EFFORT** so that your hips lift off the chair.
2. Open your arms **BIG** as you **STAND UP** with **BIG POSTURE!**
3. Reach forward with a **BIG REACH** and sit down with good control.
4. Repeat 5 times.