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

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

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

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 & REACH BIG → ROCK BACK & 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.