

# LSVT BIG EXERCISES

## LSVT BIG® MAXIMAL DAILY EXERCISES



1. Floor to Ceiling



2. Side to Side



3. Forward Step and Reach



4. Sideways Step and Reach



5. Backward Step and Reach



6. Forward Rock and Reach



7. Sideways Rock and Reach

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8-10 Repetitions 1 Time A Day

## Stepping and Rocking Exercises – Seated Adaptations



8-10 Repetitions 1 Time A Day