

Changes in Speech Production Following Intensive Voice Therapy vs. Intensive Articulation
Therapy in Parkinson Disease: A Preliminary Study
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Intensive voice therapy (LSVT®) has emerged as a highly efficacious speech treatment for Parkinson disease (PD). In addition to increasing vocal intensity, the LSVT® has been demonstrated to significantly improve speech articulation, voice quality, and overall intelligibility. However, intensive high effort therapy focusing on articulation (ARTIC) may produce even larger changes in articulation, and might also increase vocal intensity – through increased speech effort – making it a viable alternative. This study examined 19 individuals (7 LSVT, 7 ARTIC, and 5 Untreated) with PD before and after 1 month of LSVT vs. 1 month of ARTIC vs. 1 month without treatment. Subjects were recorded immediately before and after the treatment phase, in a sound-treated booth, repeating the sentence “the stewpot is packed with peas” 10 times. All tokens of the sentence were analyzed for sound pressure level and vowel space changes. Results indicate that both the LSVT and ARTIC groups significantly increased vowel space area following treatment, yet only the LSVT group also significantly increased SPL following therapy. Results support the continued use of intensive voice therapy as an efficacious means for making global changes in speech production in people with PD.