

Here is Lyle's story...

*Taking his life back
though LSVT*



Lyle Miller was diagnosed with Parkinson's Disease after a dizzy spell caused a fall and concussion.

"I was struggling with tremors, balance, body stiffness, and difficulty sleeping," he said.

Miller is getting back on his feet through LSVT Big – an effective therapy program for people with Parkinson's offered through UnityPoint Health's Outpatient Therapy department.

"Since I started this program, I've had no dizziness or trouble walking. I've been able to sleep through the night. I feel so much better than before," Miller said.

The LSVT Big program includes an emphasis on core movements used in daily life such as walking, stretching, sitting and standing to promote strength and control of movements to improve speed, balance, and quality of life. Miller attends LSVT Big four times a week and encourages anyone suffering from symptoms or Parkinson's to try it for themselves.

"This program has made a massive improvement on my daily life," Miller said. "The LSVT Big program has changed my state of mind. I'm staying active so I can continue doing the things I love to do."

Ask your doctor about a referral to UnityPoint Health's Outpatient Therapy LSVT Big program.

For more information, call (309) 672-4568.

LSVT Certified Locations:

UnityPoint Health - Methodist Atrium | 900 Main St., Suite 450 | (309) 672-4568

UnityPoint Health - Proctor Professional Building | 5401 N. Knoxville Ave., Suite 103 | (309) 691-1040

UnityPoint Health - Pekin Hospital | 600 S. 13th St. | (309) 353-0439

Professional Therapy Services - Pekin | 2988 Court St. | (309) 353-5940

Professional Therapy Services - Washington | 1201 N. Cummings Ln. | (309) 886-2305