

LSVT BIG Program and Rock Steady

Age Requirements

18 and over

Intake Process

Call the office for information and to schedule an appointment.

Provider Refer

Yes

Self Refer

Yes

Fusion Physical Therapy

<https://www.fusionpta.com>

Main

(540) 710-0100

4701 Spotsylvania Parkway, Suite 106

22407 VA

United States

Fee Structure

Fee Range

Payment Method(s)

Private Pay

,

Private Insurance

Languages Spoken

English

Fusion Physical Therapy offers the BIG program. The BIG program is an international exercise program designed for individuals who have been diagnosed with Parkinson Disease. The BIG program is a particular type of exercise program, based on scientific evidence and research that uses "large" movement to challenge the natural progression of Parkinson Disease. Certified LSVT clinician on staff.

Rock Steady Boxing (RSB) is a first of its kind program that provides an effective form of physical exercise to people who are living with Parkinson's. This non contact boxing fitness routine has proven that anyone, at any level, can lessen their

symptoms and lead a healthier and happier life. RSB class includes strength training and has a focus on overall fitness. All ages are invited to participate, both male and female.

Service Area(s)

Fredericksburg City

,

Spotsylvania County

,

Stafford County