# LSVT Generalization

Edited Video Transcript

Gabe Byars speaking:

Ok, now one of the things I find fascinating about this intervention is that it generalizes. This again is kind of weird, but the data shows it, and my experience shows it, too. Normally, it is specificity. If you want to get better at something, you’ve got to do that something. Don’t expect to do A and get better at B. One of the things we see in Parkinson’s is the idea of micrographia. That’s when they write, they will tend to write very small. And so, we can see on the left [side of the chart], it’s a mild micrographia, right. It’s kind of small. The letters are crunched together. As sentences go longer, they tend to A, drift, but B, get a little bit smaller. It’s very obvious when you see across an entire page. Whereas, they did not train handwriting in this intervention, and somehow, we get to the second column—a dramatic improvement in size and legibility. So somehow by training movement in general, it impacts handwriting. I think this is one of the secrets of that single focus. When we hummingbird, it’s really hard to generalize because we’re humming birding, okay. Whereas, if you relate it all to one thing, life gets a little bit easier. Why keep relaying back to Wolff’s Law, by the way? Because you just keep coming back to that—everything comes back to that, and it sure enough helps you generalize and learn it.