BENCHMARK PHYSICAL THERAPY GAINESVILLE VA

BENCHMARK PHYSICAL THERAPY GAINESVILLE VA IS A PREMIER PROVIDER OF REHABILITATIVE SERVICES DESIGNED TO HELP PATIENTS REGAIN MOBILITY, REDUCE PAIN, AND IMPROVE OVERALL QUALITY OF LIFE. LOCATED IN GAINESVILLE, VIRGINIA, THIS CLINIC OFFERS PERSONALIZED TREATMENT PLANS THAT CATER TO A WIDE RANGE OF PHYSICAL THERAPY NEEDS, INCLUDING POST-SURGICAL RECOVERY, SPORTS INJURIES, AND CHRONIC PAIN MANAGEMENT. UTILIZING STATE-OF-THE-ART TECHNIQUES AND EVIDENCE-BASED PRACTICES, BENCHMARK PHYSICAL THERAPY ENSURES THAT EACH PATIENT RECEIVES TAILORED CARE AIMED AT OPTIMAL RECOVERY. THIS ARTICLE EXPLORES THE VARIOUS SERVICES OFFERED, THE EXPERIENCED TEAM BEHIND THE CLINIC, AND WHAT SETS BENCHMARK PHYSICAL THERAPY APART IN GAINESVILLE, VA. ADDITIONALLY, IT COVERS THE BENEFITS OF PHYSICAL THERAPY AND HOW TO ACCESS THESE SERVICES EFFICIENTLY.

- ABOUT BENCHMARK PHYSICAL THERAPY GAINESVILLE VA
- COMPREHENSIVE PHYSICAL THERAPY SERVICES
- THE EXPERIENCED TEAM AT BENCHMARK
- BENEFITS OF CHOOSING BENCHMARK PHYSICAL THERAPY
- PATIENT EXPERIENCE AND TESTIMONIALS
- How to Access Benchmark Physical Therapy in Gainesville VA

ABOUT BENCHMARK PHYSICAL THERAPY GAINESVILLE VA

BENCHMARK PHYSICAL THERAPY GAINESVILLE VA IS A WELL-ESTABLISHED REHABILITATION CENTER DEDICATED TO PROVIDING HIGH-QUALITY PHYSICAL THERAPY SERVICES TO THE LOCAL COMMUNITY. THE CLINIC IS KNOWN FOR ITS PATIENT-CENTERED APPROACH, COMBINING ADVANCED THERAPEUTIC TECHNIQUES WITH COMPASSIONATE CARE. SITUATED CONVENIENTLY IN GAINESVILLE, VA, THE FACILITY IS EQUIPPED WITH MODERN REHABILITATION EQUIPMENT AND OFFERS A WELCOMING ENVIRONMENT GEARED TOWARD PATIENT COMFORT AND EFFECTIVE HEALING. THE MISSION OF BENCHMARK PHYSICAL THERAPY IS TO RESTORE FUNCTION, ENHANCE MOBILITY, AND IMPROVE THE OVERALL PHYSICAL HEALTH OF EACH PATIENT THROUGH CUSTOMIZED TREATMENT PLANS.

CLINIC PHILOSOPHY AND APPROACH

THE PHILOSOPHY AT BENCHMARK PHYSICAL THERAPY EMPHASIZES HOLISTIC RECOVERY AND PREVENTION. THERAPISTS WORK CLOSELY WITH PATIENTS TO UNDERSTAND THEIR UNIQUE CONDITIONS, GOALS, AND LIFESTYLES. THIS COLLABORATIVE APPROACH ENSURES THAT THERAPY INTERVENTIONS ARE RELEVANT AND EFFECTIVE. THE CLINIC PRIORITIZES CONTINUOUS EDUCATION AND STAYS UPDATED WITH THE LATEST RESEARCH IN PHYSICAL THERAPY TO DELIVER EVIDENCE-BASED CARE THAT MEETS THE HIGHEST PROFESSIONAL STANDARDS.

FACILITY AND LOCATION

LOCATED IN GAINESVILLE, VA, BENCHMARK PHYSICAL THERAPY OFFERS EASY ACCESS FOR RESIDENTS THROUGHOUT THE SURROUNDING AREAS. THE CLINIC BOASTS SPACIOUS TREATMENT ROOMS, ADVANCED REHABILITATION TOOLS, AND A CLEAN, COMFORTABLE SETTING. ACCESSIBILITY FEATURES ARE IN PLACE TO ACCOMMODATE PATIENTS WITH MOBILITY CHALLENGES, ENSURING EVERYONE CAN RECEIVE THE CARE THEY NEED WITHOUT BARRIERS.

COMPREHENSIVE PHYSICAL THERAPY SERVICES

BENCHMARK PHYSICAL THERAPY GAINESVILLE VA PROVIDES A WIDE ARRAY OF SERVICES TAILORED TO ADDRESS DIVERSE THERAPEUTIC NEEDS. THE CLINIC SPECIALIZES IN REHABILITATING INJURIES, MANAGING CHRONIC PAIN, AND ENHANCING PHYSICAL PERFORMANCE THROUGH CUSTOMIZED PROGRAMS. WHETHER RECOVERING FROM SURGERY, MANAGING A SPORTS INJURY, OR SEEKING PREVENTIVE CARE, PATIENTS BENEFIT FROM COMPREHENSIVE TREATMENT MODALITIES.

ORTHOPEDIC REHABILITATION

ORTHOPEDIC REHABILITATION IS A CORE SERVICE AT BENCHMARK PHYSICAL THERAPY. THIS INCLUDES TREATMENT FOR FRACTURES, JOINT REPLACEMENTS, LIGAMENT INJURIES, AND POST-SURGICAL REHABILITATION. THE THERAPISTS UTILIZE MANUAL THERAPY, THERAPEUTIC EXERCISES, AND MODALITIES SUCH AS ULTRASOUND AND ELECTRICAL STIMULATION TO PROMOTE HEALING AND RESTORE FUNCTION EFFECTIVELY.

SPORTS INJURY THERAPY

Sports injuries require targeted interventions to ensure a safe and timely return to activity. Benchmark Physical Therapy Gainesville VA specializes in treating common sports-related conditions including sprains, strains, tendonitis, and muscle tears. The clinic designs sport-specific rehabilitation programs that incorporate strength training, flexibility exercises, and injury prevention strategies.

NEUROLOGICAL REHABILITATION

PATIENTS DEALING WITH NEUROLOGICAL DISORDERS SUCH AS STROKE, MULTIPLE SCLEROSIS, OR PARKINSON'S DISEASE RECEIVE SPECIALIZED CARE TO IMPROVE BALANCE, COORDINATION, AND MUSCLE STRENGTH. BENCHMARK'S THERAPISTS EMPLOY NEUROPLASTICITY PRINCIPLES AND FUNCTIONAL TRAINING TO ENHANCE PATIENT INDEPENDENCE AND QUALITY OF LIFE.

CHRONIC PAIN MANAGEMENT

CHRONIC PAIN CAN SIGNIFICANTLY IMPAIR DAILY FUNCTIONING. BENCHMARK PHYSICAL THERAPY OFFERS PAIN MANAGEMENT SOLUTIONS THAT COMBINE MANUAL THERAPY, THERAPEUTIC EXERCISES, AND PATIENT EDUCATION TO REDUCE PAIN AND IMPROVE MOBILITY. THE GOAL IS TO EMPOWER PATIENTS TO MANAGE THEIR SYMPTOMS EFFECTIVELY AND REDUCE RELIANCE ON MEDICATIONS.

THE EXPERIENCED TEAM AT BENCHMARK

THE SUCCESS OF BENCHMARK PHYSICAL THERAPY GAINESVILLE VA IS LARGELY ATTRIBUTED TO ITS HIGHLY SKILLED AND DEDICATED TEAM OF THERAPISTS. EACH PRACTITIONER HOLDS ADVANCED CERTIFICATIONS AND MAINTAINS A COMMITMENT TO ONGOING PROFESSIONAL DEVELOPMENT. THEIR EXPERTISE SPANS MULTIPLE PHYSICAL THERAPY SPECIALTIES, ENSURING COMPREHENSIVE CARE FOR ALL PATIENT NEEDS.

LICENSED PHYSICAL THERAPISTS

THE CLINIC EMPLOYS LICENSED PHYSICAL THERAPISTS WITH EXTENSIVE CLINICAL EXPERIENCE IN ORTHOPEDIC, NEUROLOGICAL, AND SPORTS REHABILITATION. THESE PROFESSIONALS CONDUCT THOROUGH ASSESSMENTS AND DEVELOP INDIVIDUALIZED TREATMENT PLANS TAILORED TO PATIENT CONDITIONS AND RECOVERY GOALS.

SUPPORT STAFF AND ASSISTANTS

In addition to the therapists, Benchmark Physical Therapy relies on a competent support staff including physical therapy assistants and administrative personnel. This team ensures seamless patient scheduling, efficient clinic operations, and a positive patient experience from check-in to discharge.

BENEFITS OF CHOOSING BENCHMARK PHYSICAL THERAPY

OPTING FOR BENCHMARK PHYSICAL THERAPY GAINESVILLE VA OFFERS NUMEROUS ADVANTAGES FOR PATIENTS SEEKING REHABILITATIVE CARE. THE CLINIC'S PATIENT-CENTERED MODEL, COMBINED WITH ADVANCED TREATMENT TECHNIQUES AND A SUPPORTIVE ENVIRONMENT, RESULTS IN SUPERIOR OUTCOMES AND HIGH PATIENT SATISFACTION.

PERSONALIZED CARE PLANS

PATIENTS RECEIVE CUSTOMIZED THERAPY PROGRAMS DESIGNED TO MEET THEIR SPECIFIC PHYSICAL CONDITIONS AND PERSONAL GOALS. THIS INDIVIDUALIZED APPROACH ENHANCES RECOVERY SPEED AND EFFECTIVENESS.

STATE-OF-THE-ART TREATMENT MODALITIES

BENCHMARK PHYSICAL THERAPY INCORPORATES THE LATEST TECHNOLOGIES AND THERAPEUTIC METHODS TO PROVIDE OPTIMAL CARE. THIS INCLUDES MANUAL THERAPY, AQUATIC THERAPY, FUNCTIONAL TRAINING, AND ADVANCED MODALITIES THAT ACCELERATE HEALING PROCESSES.

IMPROVED MOBILITY AND FUNCTION

THE PRIMARY OBJECTIVE OF PHYSICAL THERAPY AT BENCHMARK IS TO RESTORE AND IMPROVE PATIENTS' MOBILITY, STRENGTH, AND OVERALL FUNCTION, FACILITATING A RETURN TO DAILY ACTIVITIES AND WORK WITH MINIMAL DISCOMFORT.

REDUCED PAIN AND MEDICATION DEPENDENCE

THROUGH TARGETED INTERVENTIONS, PATIENTS OFTEN EXPERIENCE SIGNIFICANT PAIN RELIEF, WHICH CAN REDUCE THE NECESSITY FOR PAIN MEDICATIONS AND THEIR ASSOCIATED SIDE EFFECTS.

PATIENT EXPERIENCE AND TESTIMONIALS

BENCHMARK PHYSICAL THERAPY GAINESVILLE VA IS RECOGNIZED FOR DELIVERING A POSITIVE AND SUPPORTIVE PATIENT EXPERIENCE. MANY PATIENTS COMMEND THE PROFESSIONALISM, EMPATHY, AND EFFECTIVENESS OF THE THERAPY SERVICES PROVIDED.

PATIENT-CENTERED COMMUNICATION

CLEAR COMMUNICATION AND PATIENT EDUCATION ARE CORNERSTONES OF THE CLINIC'S APPROACH. THERAPISTS ENSURE PATIENTS UNDERSTAND THEIR CONDITIONS AND TREATMENT PLANS, FOSTERING ENGAGEMENT AND ADHERENCE TO THERAPY PROTOCOLS.

SUCCESSFUL RECOVERY STORIES

Numerous testimonials highlight successful recoveries from complex injuries and chronic conditions, emphasizing the clinic's role in helping patients regain independence and improve quality of life.

HOW TO ACCESS BENCHMARK PHYSICAL THERAPY IN GAINESVILLE VA

ACCESSING SERVICES AT BENCHMARK PHYSICAL THERAPY GAINESVILLE VA IS STRAIGHTFORWARD. THE CLINIC ACCEPTS VARIOUS INSURANCE PLANS AND OFFERS CONVENIENT APPOINTMENT SCHEDULING TO ACCOMMODATE PATIENT NEEDS.

SCHEDULING AN APPOINTMENT

PATIENTS CAN SCHEDULE CONSULTATIONS EITHER BY PHONE OR THROUGH THE CLINIC'S PATIENT SERVICE CENTER. INITIAL EVALUATIONS ARE THOROUGH TO ENSURE PRECISE DIAGNOSIS AND TREATMENT PLANNING.

INSURANCE AND PAYMENT OPTIONS

BENCHMARK PHYSICAL THERAPY WORKS WITH MULTIPLE INSURANCE PROVIDERS TO FACILITATE COVERAGE FOR PHYSICAL THERAPY SERVICES. ADDITIONALLY, FLEXIBLE PAYMENT PLANS ARE AVAILABLE FOR PATIENTS WITHOUT INSURANCE.

LOCATION AND HOURS

THE CLINIC IS LOCATED CENTRALLY IN GAINESVILLE, PROVIDING EASY ACCESS FOR RESIDENTS OF PRINCE WILLIAM COUNTY AND SURROUNDING AREAS. OPERATING HOURS ARE DESIGNED TO ACCOMMODATE BUSY SCHEDULES, INCLUDING EARLY MORNING AND EVENING SESSIONS.

• Monday - Friday: 7:00 AM to 7:00 PM

• SATURDAY: 8:00 AM to 12:00 PM

• SUNDAY: CLOSED

FREQUENTLY ASKED QUESTIONS

WHAT SERVICES DOES BENCHMARK PHYSICAL THERAPY IN GAINESVILLE VA OFFER?

BENCHMARK PHYSICAL THERAPY IN GAINESVILLE VA OFFERS SERVICES SUCH AS ORTHOPEDIC REHABILITATION, SPORTS INJURY THERAPY, POST-SURGICAL REHABILITATION, PAIN MANAGEMENT, AND PERSONALIZED TREATMENT PLANS TO HELP PATIENTS RECOVER MOBILITY AND REDUCE PAIN.

HOW CAN I SCHEDULE AN APPOINTMENT AT BENCHMARK PHYSICAL THERAPY IN GAINESVILLE VA?

YOU CAN SCHEDULE AN APPOINTMENT AT BENCHMARK PHYSICAL THERAPY IN GAINESVILLE VA BY CALLING THEIR OFFICE DIRECTLY, VISITING THEIR OFFICIAL WEBSITE TO USE AN ONLINE BOOKING SYSTEM, OR THROUGH A REFERRAL FROM YOUR HEALTHCARE PROVIDER.

DOES BENCHMARK PHYSICAL THERAPY ACCEPT INSURANCE IN GAINESVILLE VA?

YES, BENCHMARK PHYSICAL THERAPY IN GAINESVILLE VA ACCEPTS MOST MAJOR INSURANCE PLANS. IT IS RECOMMENDED TO CONTACT THEIR OFFICE DIRECTLY TO CONFIRM IF YOUR SPECIFIC INSURANCE IS ACCEPTED AND TO UNDERSTAND ANY COVERAGE DETAILS.

WHAT ARE THE QUALIFICATIONS OF THE THERAPISTS AT BENCHMARK PHYSICAL THERAPY GAINESVILLE VA?

THE THERAPISTS AT BENCHMARK PHYSICAL THERAPY IN GAINESVILLE VA ARE LICENSED AND HIGHLY TRAINED PROFESSIONALS WITH EXPERTISE IN PHYSICAL THERAPY, REHABILITATION, AND SPECIALIZED TREATMENT TECHNIQUES TAILORED TO INDIVIDUAL PATIENT NEEDS.

ARE THERE ANY PATIENT REVIEWS AVAILABLE FOR BENCHMARK PHYSICAL THERAPY IN GAINESVILLE VA?

YES, PATIENT REVIEWS FOR BENCHMARK PHYSICAL THERAPY IN GAINESVILLE VA CAN BE FOUND ON PLATFORMS SUCH AS GOOGLE REVIEWS, YELP, AND THEIR OFFICIAL WEBSITE, WHERE PATIENTS SHARE THEIR EXPERIENCES REGARDING THE QUALITY OF CARE AND EFFECTIVENESS OF TREATMENTS.

WHAT CONDITIONS CAN BENCHMARK PHYSICAL THERAPY IN GAINESVILLE VA HELP TREAT?

BENCHMARK PHYSICAL THERAPY IN GAINESVILLE VA HELPS TREAT A WIDE RANGE OF CONDITIONS INCLUDING SPORTS INJURIES, ARTHRITIS, BACK AND NECK PAIN, POST-OPERATIVE RECOVERY, NEUROLOGICAL DISORDERS, AND CHRONIC PAIN ISSUES.

WHAT SAFETY MEASURES HAS BENCHMARK PHYSICAL THERAPY IN GAINESVILLE VA IMPLEMENTED DURING COVID-19?

BENCHMARK PHYSICAL THERAPY IN GAINESVILLE VA HAS IMPLEMENTED SAFETY MEASURES SUCH AS ENHANCED CLEANING PROTOCOLS, SOCIAL DISTANCING IN WAITING AREAS, MANDATORY MASK POLICIES, HEALTH SCREENINGS FOR STAFF AND PATIENTS, AND AVAILABILITY OF TELEHEALTH SERVICES TO ENSURE PATIENT SAFETY DURING COVID-19.

ADDITIONAL RESOURCES

- 1. BENCHMARK PHYSICAL THERAPY: A COMPREHENSIVE GUIDE TO REHABILITATION IN GAINESVILLE, VA
 THIS BOOK OFFERS AN IN-DEPTH LOOK AT THE SERVICES PROVIDED BY BENCHMARK PHYSICAL THERAPY IN GAINESVILLE, VA. IT
 COVERS VARIOUS THERAPEUTIC TECHNIQUES AND PATIENT SUCCESS STORIES, EMPHASIZING PERSONALIZED CARE PLANS. IDEAL
 FOR PATIENTS AND PRACTITIONERS ALIKE, IT HIGHLIGHTS THE LATEST ADVANCEMENTS IN PHYSICAL THERAPY.
- 2. Healing Hands: The Story of Benchmark Physical Therapy in Gainesville
 Healing Hands narrates the inspiring journey of Benchmark Physical Therapy, detailing how the clinic became a trusted name in Gainesville, VA. The book explores the clinic's philosophy, staff expertise, and commitment to patient-centered rehabilitation. It also features testimonials from patients who regained mobility and quality of life.
- 3. Physical Therapy Innovations at Benchmark: Techniques and Practices in Gainesville, VA
 This title delves into the innovative physical therapy methods employed by Benchmark Physical Therapy.
 Readers will learn about cutting-edge treatment modalities, technology integration, and evidence-based practices. The book serves as a resource for therapists looking to enhance their clinical skills.
- 4. Recover Strong: Patient Success Stories from Benchmark Physical Therapy, Gainesville
 Recover Strong compiles real-life accounts of patients who underwent treatment at Benchmark Physical
 Therapy. Each story highlights challenges, therapeutic interventions, and remarkable recoveries. This

- 5. THE GAINESVILLE GUIDE TO PHYSICAL THERAPY: FEATURING BENCHMARK'S APPROACH
 THIS GUIDE PROVIDES AN OVERVIEW OF PHYSICAL THERAPY OPTIONS AVAILABLE IN GAINESVILLE, VA, WITH A SPECIAL FOCUS
 ON BENCHMARK PHYSICAL THERAPY. IT EXPLAINS COMMON CONDITIONS TREATED, ASSESSMENT METHODS, AND REHABILITATION
 GOALS. THE BOOK IS A VALUABLE RESOURCE FOR NEW PATIENTS SEEKING COMPREHENSIVE CARE.
- 6. Sports Injury Rehabilitation at Benchmark Physical Therapy, Gainesville
 Focused on athletes and active individuals, this book details the specialized rehabilitation services offered at Benchmark Physical Therapy. It covers injury prevention, recovery protocols, and performance enhancement strategies. The text is designed to educate coaches, trainers, and patients alike.
- 7. BENCHMARK PHYSICAL THERAPY'S APPROACH TO CHRONIC PAIN MANAGEMENT IN GAINESVILLE, VA
 THIS BOOK EXPLORES THE MULTIDISCIPLINARY STRATEGIES BENCHMARK PHYSICAL THERAPY USES TO MANAGE CHRONIC PAIN. IT
 DISCUSSES THERAPEUTIC EXERCISES, MANUAL THERAPY, AND PATIENT EDUCATION COMPONENTS. READERS GAIN INSIGHT INTO
 HOW PERSONALIZED TREATMENT PLANS IMPROVE LONG-TERM PAIN OUTCOMES.
- 8. INNOVATIVE REHABILITATION TECHNIQUES: INSIDE BENCHMARK PHYSICAL THERAPY GAINESVILLE
 INNOVATIVE REHABILITATION TECHNIQUES SHOWCASES THE ADVANCED THERAPIES AND TECHNOLOGIES UTILIZED BY BENCHMARK
 PHYSICAL THERAPY. TOPICS INCLUDE AQUATIC THERAPY, NEUROMUSCULAR RE-EDUCATION, AND FUNCTIONAL TRAINING. THE
 BOOK IS INTENDED FOR REHABILITATION PROFESSIONALS INTERESTED IN EXPANDING THEIR TREATMENT REPERTOIRE.
- 9. Understanding Physical Therapy: A Patient's Guide with Insights from Benchmark, Gainesville
 This accessible guide demystifies physical therapy for patients considering or undergoing treatment at
 Benchmark Physical Therapy. It explains the evaluation process, treatment phases, and expected benefits in
 clear, straightforward language. The book empowers patients to take an active role in their recovery journey.

Benchmark Physical Therapy Gainesville Va

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benchmark physical therapy gainesville va: Oxbridge Directory of Newsletters, 1995 benchmark physical therapy gainesville va: Current Catalog National Library of Medicine (U.S.), First multi-year cumulation covers six years: 1965-70.

benchmark physical therapy gainesville va: National Library of Medicine Current Catalog National Library of Medicine (U.S.), 1990

benchmark physical therapy gainesville va: <u>Clinical Sports Medicine</u> Darren L. Johnson, Scott D. Mair, 2006 Provides hands-on information for the management of both recreational and competitive athletes. Over a thousand full-color clinical illustrations plus a wealth of summary boxes enable you to obtain key information quickly, while authoritative text written by established and emerging authorities provides state-of-the-art know-how on overcoming any challenge in the specialty. Coverage of sports injuries includes structured information on diagnosis, management, and rehabilitation.

benchmark physical therapy gainesville va: The Stanford Alumni Directory , 2004 benchmark physical therapy gainesville va: Physical Therapy , 1993 benchmark physical therapy gainesville va: Guide to Evidence-Based Physical Therapist Practice Dianne V. Jewell, 2017-08-15 ISBN on p. 4 of cover differs from ISBN on tp. verso.

benchmark physical therapy gainesville va: Foundations: An Introduction to the Profession of Physical Therapy Stephen J. Carp, 2019-01-28 A unique blueprint to a successful physical therapy practice from renowned experts In the last 100 years, the profession of physical therapy has grown from a little-known band of reconstruction aides to a large and expanding worldwide group of dedicated professionals at the cutting edge of health care diagnostics, interventions, research, ethics, and altruistic community service. Foundations: An Introduction to the Profession of Physical Therapy by distinguished physical therapist and educator Stephen Carp reflects nearly 40 years of expertise in this evolving field. The book covers the the background music of physical therapy - important issues aspiring physical therapists and physical therapist assistants need to master prior to starting clinical practice. Sixteen chapters present a broad spectrum of content, covering core behavioral, clinical, and professional concerns encountered in practice. Experts provide firsthand guidance on reimbursement, working as a healthcare team, documentation, ethical issues and community service, clinical research and education, an overview of the APTA, career development, and more. Key Highlights From the history of the profession to cultural, spiritual and legal aspects of practice, this unique resource provides insights not found in traditional physical therapy foundation textbooks About 20 comprehensive vignettes with real-life experiences enhance the text Text boxes with insightful first-person narratives highlight chapter content A list of review questions and meticulous references at the end of every chapter enhance learning and encourage further research All PT and PTA students will benefit from the expert wisdom and pearls shared in this essential reference.

benchmark physical therapy gainesville va: Physical Therapy; a Career of Science and Service American Physical Therapy Association, 1956

benchmark physical therapy gainesville va: Foundations of Physical Therapy Ronald W. Scott, 2002 This essential core textbook for the early phase of a physical therapy program takes a global approach to the profession, focusing on both practice specialties, as well as practice settings, populations served, and essential issues such as specialization, relations with complementary health professionals, and education. FEATURES * Uses terminology based on APTA's new Guide to Physical Therapist Practice * Examines special audiences, including pediatric, geriatric, orthopedic, and neurologic * Written by a single author for a uniform and cohesive presentation * Includes the full text of the Model Practice Act for Physical Therapy

benchmark physical therapy gainesville va: Wellness and Holistic Physical Therapy, 2nd Edition Sharon Fair, 2020-10 Wellness and Holistic Physical Therapy, 2nd edition is 'the' textbook for DPT programs to incorporate into their curriculum to ensure their students meet the wellness-related requirements of CAPTE, APTA's Normative Model of Professional Physical Therapist Education, and APTA's Minimum Required Skills of Entry-Level Physical Therapist Graduates, and are thus perfectly prepared to provide holistic physical therapy to maximize patient outcomes. Wellness and Holistic Physical Therapy, 2nd edition incorporates ATPA Guide's 3.0, Healthy People's Leading Health Indicators, and up to the minute evidence-based information. APTA's Patient/Client Management Model is enhanced with holistic tools such as the Stages of Wellness, Brief Teach, Guided Exploration, and Motivational Education. Research supporting traditional medicines (i.e., tai chi, cupping, acupressure, etc.) and 'forward thinking' concepts such as plant-based nutrition and CBD is explored and applied to the provision of physical therapy. Topics also include 'self-medications' (e.g., smoking and cessation), mental illness comorbidities, gender identity, pelvic health, African-Americans and wellness, self-wellness of physical therapists, and more! An entire chapter is dedicated to holistic physical therapy case scenarios, which can be used for small group assignments. Another chapter focuses on community wellness, and includes several types of community wellness projects. The 'Future is the Internet' chapter introduces tele-health and provides instructions for student creation of a 'holistic physical therapy website.' Woven throughout the textbook are case scenarios, images of mock patients, and lots of color to engage the reader and enhance the learning experience.

benchmark physical therapy gainesville va: Guide to Evidence-Based Physical Therapist

<u>Practice with Navigate Advantage Access</u> Dianne V. Jewell, 2022-09-13 Guide to Evidence-Based Physical Therapist Practice teaches the knowledge and skills to evaluate medical evidence and apply it to the practice of physical therapy. It explains the fundamentals of medical research and how to determine which studies are useful in practice. Topics including understanding what constitutes evidence, searching efficiently for applicable evidence in the literature, evaluating the findings in the literature, and integrating the evidence with clinical judgment and individual patient preferences and values--

benchmark physical therapy gainesville va: Physical Therapy Management of Patients with Spinal Pain Deborah Stetts, Gray Carpenter, 2024-06-01 In this rapidly changing health care environment, a challenge today's physical therapist faces is finding, evaluating, and implementing current best evidence into practicce, an integral part of health care professional educational programs. With that goal in mind, Physical Therapy Management of Patients With Spinal Pain: An Evidence-Based Approach provides a comprehensive research-based overview of the examination and physical therapy interventions of the spine. Inside Physical Therapy Management of Patients With Spinal Pain, Drs. Deborah M. Stetts and J. Gray Carpenter evaluate the current evidence related to spinal pain and present it in a format that allows for an easy transition to the clinical environment. By providing effective clinical interventions, rather than relying on habits or tradition, patients benefit from an increased likelihood of improved quality of life with the least potential of personal and financial risk. Some features include: • Over 650 photographs, images, and tables • Access to a supplemental video Website with new book purchase • Best practice for evaluating and treating the lumbar spine, thoracic spine, and cervical spine • Comprehensive coverage of the clinical presentation of spine-related pathologies from evaluation to treatment Each chapter outlines the history, physical examination, physical therapy diagnosis, evidence-based management guidelines, and case studies for each topic. Case studies will challenge the reader's clinical reasoning skills with the use of current best evidence throughout the initial examination and subsequent treatment sessions. Bonus! Also included with Physical Therapy Management of Patients With Spinal Pain is access to a supplemental Website containing more than 375 video demonstrations corresponding to the tests and measures, examination, evaluation, and intervention procedures covered within the text. Physical Therapy Management of Patients With Spinal Pain: An Evidence-Based Approach is the go-to reference text and accompanying Web site for the physical therapy students, or clinicians who are reaching for best practice through providing the highest level of evidence-informed care in the evaluation and management of patients with spinal pain.

benchmark physical therapy gainesville va: Introduction to Physical Therapy Michael A. Pagliarulo, PT, EdD, 2015-10-16 Start your physical therapy career path on the right foot with Introduction to Physical Therapy, 5th Edition. This comprehensive text offers an insightful and thorough overview of both the profession and the practice of physical therapy, including the latest topics and trends surrounding the industry. The first section walks readers through the key aspects of a career in physical therapy, including: roles of the physical therapist and physical therapist assistant, practice settings, the APTA, and laws, policies, and regulations. The second section then goes on to cover the practice of physical therapy: detailing the functions, disorders, and therapies of the major organ systems. Featuring a new full-color design, this new fifth edition incorporates a wealth of updated content, new photos, and numerous learning aides - such as chapter outlines, learning objectives, questions to ask, suggested readings, and review questions - to give readers the complete foundation they need to successfully grow their professional knowledge and skills. An overview of the profession combined with clinical information guides the reader through everything they need to know to begin their physical therapy education. Chapter on reimbursement tells how reimbursement affects the profession and introduces the fiscal aspects of health care and reimbursement for physical therapy services. Chapter on communication and cultural competence describes how cultural differences influence patient interaction and helps the PTA and PT understand behavior due to cultural differences. Numerous learning aides such as - chapter outlines, key terms, learning objectives, questions to ask, boxes, tables, summaries and up to date references,

suggested readings and review questions - enable learning retention. The latest information on current trends in health care and the profession of physical therapy keeps readers current on the latest issues. NEW! Full color design and images make the text more visually appealing. NEW! Updated content keeps readers in the know on the latest practices and procedures. NEW! Updated photos throughout depict the content that is current and applicable to today's practicing PT or PTA.

benchmark physical therapy gainesville va: Quick Reference to Physical Therapy Julie A. Pauls, Kathlyn L. Reed, 2004 Provides a synopsis of the diseases, disorders and dysfunctions referenced in the physical therapy literature. The format used gives all therapists, whether, they are students, clinicians, educators, or researchers, quick access to the information needed to asess, educate, and treat clients.

benchmark physical therapy gainesville va: Clinical Physical Therapy Toshiaki Suzuki, 2017-05-31 Physical therapy services may be provided alongside or in conjunction with other medical services. They are performed by physical therapists (known as physiotherapists in many countries) with the help of other medical professionals. This book consists of 11 chapters written by several professionals from different parts of the world. It includes different kinds of chapters for clinical physical therapy with precious points for physical therapy, physical therapy for cancer, chronic venous disease, mental health, and other topics. We hope that the information provided in this book will instruct global physical therapists and related professionals.

benchmark physical therapy gainesville va: Physical Therapy The Truth Monie Phillips, PT, 2006-04-19 The most exciting and challenging times are upon the healthcare professionals of this nation today and it is my hope the issues covered in this book will help guide your future decisions. This book will assist the reader by providing valuable information to the student trying to decide if PT is the right career or the PT student contemplating what area of practice to take on first. The reader will get a genuine account of the PT profession and what it takes to get in and stay in. For the practicing Physical Therapist you can be certain that what you read in this book will either elevate your spirit or convict your soul. For the PT student staying up all night trying to make it through another lecture under a sleep deprived state of mind this book will lead you in the right direction before you begin your practice. Last but not least to my peers practicing daily, you know if you are providing quality care or just putting in your eight-hour day watching patients perform chair aerobics, this book will give you reasons to strive for more than mediocrity. If you are already aligned with the material in this book then enjoy the feeling of accomplishment because you are the moral fiber of the profession. Keep digging in finding the true cause of the patient's limitations while simultaneously thinking of how to correct the problem and document the truth. Just a reminder, words like; Program integrity, and Error Rates, coupled with the fact that Medicare is requesting \$720 million for the Medicare Integrity Program means the medical community should take notice. The information in this book will make a difference in your career and in the PT profession as a whole, will you?

benchmark physical therapy gainesville va: Teaching and Learning in Physical Therapy
Margaret M. Plack, Maryanne Driscoll, 2017 Teaching and Learning in Physical Therapy: From
Classroom to Clinic, Second Edition is based on the teaching, research, and professional experiences
of Drs. Margaret Plack and Maryanne Driscoll, who together have over 60 years of experience. More
importantly it contains practical information that allows students, educators, and clinicians to
develop optimal instructional strategies in a variety of settings. Clinical scenarios and reflective
questions are interspersed throughout, providing opportunities for active learning, critical thinking,
and immediate direct application. Grounded in current literature, the Second Edition is geared for
physical therapists, physical therapist assistants, students, educators, and other health care
professionals. By extending the principles of systematic effective instruction to facilitate critical
thinking in the classroom and the clinic, and providing strategies to enhance communication and
collaboration, the Second Edition has a strong theoretical basis in reflective practice, active learning
strategies, and evidence-based instruction. Features: A user-friendly approach integrating theory
and practical application throughout Classroom/clinical vignettes along with integrative problem

solving activities and reflective questions to reinforce concepts Key points to remember and chapter summaries throughout Updated references and suggested readings at the end of each chapter Instructors in educational settings can visit www.efacultylounge.com for additional material to be used for teaching in the classroom. In physical therapy, teaching and learning are lifelong processes. Whether you are a student, clinician, first time presenter, or experienced faculty member, you will find Teaching and Learning in Physical Therapy: From Classroom to Clinic, Second Edition useful for enhancing your skills both as a learner and as an educator in physical therapy.

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