

benchmark physical therapy savannah tn

benchmark physical therapy savannah tn is a leading provider of rehabilitative services designed to help patients recover from injuries, manage chronic conditions, and improve overall physical function. Located in Savannah, Tennessee, this clinic offers personalized treatment plans tailored to each individual's unique needs. With a focus on evidence-based practices, skilled therapists, and state-of-the-art facilities, Benchmark Physical Therapy ensures effective and efficient care. This article explores the comprehensive services offered, the team's expertise, patient benefits, and what makes this center a preferred choice in the region. Readers will gain insight into how Benchmark Physical Therapy Savannah TN can support recovery and enhance quality of life. The following sections will provide a detailed overview of the clinic's offerings, patient experience, and community role.

- Services Offered at Benchmark Physical Therapy Savannah TN
- Expert Team and Qualifications
- Patient Experience and Customized Care
- Benefits of Choosing Benchmark Physical Therapy
- Community Engagement and Accessibility

Services Offered at Benchmark Physical Therapy Savannah TN

Benchmark Physical Therapy Savannah TN provides a wide array of rehabilitative services to address various musculoskeletal and neurological conditions. The clinic specializes in post-surgical rehabilitation, sports injury recovery, chronic pain management, and orthopedic physical therapy. Each treatment plan is crafted to promote optimal healing and restore functional mobility.

Orthopedic Rehabilitation

Orthopedic rehabilitation is a core service at Benchmark Physical Therapy Savannah TN, focusing on recovery from fractures, joint replacements, and soft tissue injuries. Therapists utilize manual therapy, therapeutic exercises, and modalities such as ultrasound and electrical stimulation to enhance tissue healing and reduce pain.

Sports Injury Therapy

Athletes benefit from targeted sports injury therapy designed to facilitate quick and safe return to activity. The clinic emphasizes injury prevention, strength training, and flexibility improvement to minimize the risk of future injuries.

Neurological Physical Therapy

This specialized service supports patients with neurological disorders such as stroke, multiple sclerosis, and Parkinson's disease. Customized programs aim to improve balance, coordination, and motor skills, enhancing patients' independence.

Manual Therapy and Pain Management

Manual therapy techniques including joint mobilization and soft tissue massage are employed to alleviate pain and improve joint function. Pain management strategies are integrated into treatment plans to ensure patient comfort and promote recovery.

Expert Team and Qualifications

The success of Benchmark Physical Therapy Savannah TN is largely attributed to its highly qualified and experienced team of physical therapists and support staff. Each therapist holds advanced degrees and certifications relevant to their specialty areas, ensuring the highest standards of care.

Licensed Physical Therapists

All therapists are licensed professionals with extensive clinical experience. They participate in continuous education to stay current with the latest physical therapy research and treatment techniques.

Specialized Certifications

Many therapists at Benchmark Physical Therapy hold specialized certifications such as Orthopedic Clinical Specialist (OCS), Sports Certified Specialist (SCS), and Certified Manual Therapist (CMT). These credentials reflect their advanced expertise in specific domains of physical therapy.

Support Staff and Patient Care Coordinators

The clinic's support personnel play a crucial role in facilitating smooth patient experiences. From scheduling to insurance assistance, the staff ensures that patients receive timely and efficient service throughout their rehabilitation journey.

Patient Experience and Customized Care

Patient-centered care is a hallmark of Benchmark Physical Therapy Savannah TN. The clinic prioritizes individualized treatment plans that consider each patient's medical history, lifestyle, and personal goals.

Initial Assessment and Goal Setting

Every new patient undergoes a comprehensive initial evaluation to identify impairments, functional limitations, and potential barriers to recovery. Based on this assessment, therapists collaborate with patients to establish realistic and measurable goals.

Personalized Treatment Plans

Treatment protocols are customized to address specific needs, incorporating therapeutic exercises, manual therapy, and patient education. Progress is regularly monitored and adjustments are made as necessary to optimize outcomes.

Patient Education and Empowerment

Educating patients about their conditions and self-management techniques is integral to the care approach. Empowered patients are better equipped to maintain improvements and prevent reinjury.

- Thorough initial evaluations
- Collaborative goal setting
- Tailored therapeutic interventions
- Ongoing progress tracking
- Comprehensive patient education

Benefits of Choosing Benchmark Physical Therapy

Choosing Benchmark Physical Therapy Savannah TN offers numerous advantages for patients seeking high-quality rehabilitation services. The clinic's commitment to excellence ensures effective treatment and positive patient outcomes.

Advanced Technology and Techniques

The facility is equipped with modern rehabilitation technology and employs cutting-edge treatment methods. This includes therapeutic ultrasound, electrical stimulation, and computerized balance training to enhance recovery.

Holistic Approach to Rehabilitation

Benchmark Physical Therapy emphasizes a holistic approach, addressing not only physical symptoms but also contributing factors such as ergonomics, posture, and lifestyle modifications. This comprehensive care model supports sustainable health improvements.

Convenient Location and Flexible Scheduling

Located in Savannah, TN, the clinic offers convenient access for residents in the surrounding areas. Flexible appointment scheduling accommodates patients' busy lifestyles, facilitating consistent attendance and adherence to therapy plans.

Insurance and Payment Options

The clinic accepts a wide range of insurance plans and provides transparent billing practices. Financial counselors are available to assist patients in understanding coverage and managing costs.

Community Engagement and Accessibility

Benchmark Physical Therapy Savannah TN actively participates in community wellness initiatives and strives to make physical therapy services accessible to all. The clinic supports local events and educational programs aimed at promoting healthy living.

Community Wellness Programs

Through workshops, seminars, and fitness classes, the clinic educates the public on injury prevention, exercise, and healthy lifestyle habits. These programs foster community health and awareness.

Accessibility and Inclusive Care

Benchmark Physical Therapy is committed to providing inclusive care that meets the needs of diverse patient populations. Facilities are designed to be accessible, and staff are trained to accommodate patients with varying abilities.

Partnerships with Healthcare Providers

Collaborations with local physicians, hospitals, and specialists ensure coordinated care and seamless referrals. This integrated approach benefits patients by streamlining treatment and enhancing communication among providers.

Frequently Asked Questions

What services does Benchmark Physical Therapy in Savannah, TN offer?

Benchmark Physical Therapy in Savannah, TN offers services including orthopedic rehabilitation, sports injury treatment, post-surgical therapy, and personalized physical therapy programs.

How can I book an appointment at Benchmark Physical Therapy in Savannah, TN?

You can book an appointment at Benchmark Physical Therapy in Savannah, TN by calling their office directly or using their online appointment scheduling system on their official website.

What are the operating hours of Benchmark Physical Therapy in Savannah, TN?

Benchmark Physical Therapy in Savannah, TN typically operates Monday through Friday from 8:00 AM to 5:00 PM, but it is recommended to check their website or contact them directly for the most current hours.

Does Benchmark Physical Therapy in Savannah, TN accept insurance?

Yes, Benchmark Physical Therapy in Savannah, TN accepts most major insurance plans. It is advisable to verify your specific insurance coverage by contacting their billing department.

What makes Benchmark Physical Therapy in Savannah, TN stand out among other clinics?

Benchmark Physical Therapy in Savannah, TN is known for its personalized treatment plans, experienced therapists, state-of-the-art equipment, and a focus on patient education and recovery.

Are there any patient testimonials available for

Benchmark Physical Therapy in Savannah, TN?

Yes, many patient testimonials praising the effective treatments and caring staff at Benchmark Physical Therapy in Savannah, TN can be found on their website and review platforms like Google and Yelp.

Does Benchmark Physical Therapy in Savannah, TN offer sports injury rehabilitation?

Yes, Benchmark Physical Therapy in Savannah, TN specializes in sports injury rehabilitation, helping athletes recover and return to their activities safely and effectively.

Is Benchmark Physical Therapy in Savannah, TN equipped to handle post-surgical rehabilitation?

Benchmark Physical Therapy in Savannah, TN provides comprehensive post-surgical rehabilitation services to assist patients in regaining strength, mobility, and function after surgery.

What types of physical therapists work at Benchmark Physical Therapy in Savannah, TN?

Benchmark Physical Therapy in Savannah, TN employs licensed physical therapists with expertise in orthopedic, sports, neurological, and geriatric therapy to provide specialized care.

How can I prepare for my first visit to Benchmark Physical Therapy in Savannah, TN?

To prepare for your first visit, bring your medical records, insurance information, a list of current medications, and wear comfortable clothing suitable for physical activity. Arriving early to complete any necessary paperwork is also recommended.

Additional Resources

1. Comprehensive Guide to Benchmark Physical Therapy in Savannah, TN

This book offers an in-depth look at the services, techniques, and patient care standards at Benchmark Physical Therapy in Savannah, Tennessee. It covers common treatment protocols for various musculoskeletal conditions and highlights patient success stories. Ideal for both patients and practitioners interested in regional physical therapy practices.

2. Advancements in Physical Therapy: A Savannah, TN Perspective

Focusing on recent innovations and evidence-based practices, this title explores how Benchmark Physical Therapy in Savannah incorporates cutting-edge technology and methodologies. It discusses trends such as manual therapy, therapeutic exercise, and neuromuscular re-education tailored for local patient demographics.

3. Rehabilitation Strategies at Benchmark Physical Therapy, Savannah

This book details the rehabilitation programs tailored for injuries commonly treated at Benchmark Physical Therapy. It includes step-by-step guides for post-operative care, sports injury recovery, and chronic pain management, emphasizing personalized treatment plans.

4. Patient-Centered Care in Physical Therapy: Lessons from Savannah, TN

Highlighting the importance of individualized treatment, this book showcases how Benchmark Physical Therapy prioritizes patient education, motivation, and holistic wellness. It provides insights into communication techniques and therapeutic relationships that improve outcomes.

5. The Role of Physical Therapy in Community Health: Savannah, TN Case Study

This text examines the broader impact of Benchmark Physical Therapy on community health initiatives in Savannah. It discusses collaborative programs, preventive care efforts, and partnerships with local healthcare providers to enhance public well-being.

6. Sports Injury Management at Benchmark Physical Therapy, Savannah

Designed for athletes and coaches, this book explains the specialized care and rehabilitation services offered at Benchmark Physical Therapy. It covers injury prevention, acute treatment, and return-to-play protocols specific to the Savannah area's popular sports.

7. Understanding Pain and Recovery: Insights from Benchmark Physical Therapy

This title delves into the science of pain management as practiced by clinicians at Benchmark Physical Therapy. It includes patient-friendly explanations of pain mechanisms, therapeutic interventions, and strategies to promote faster recovery.

8. Physical Therapy Techniques and Modalities at Benchmark, Savannah, TN

Detailing various therapeutic modalities such as ultrasound, electrical stimulation, and manual therapy, this book provides a practical overview of treatment approaches used at Benchmark Physical Therapy. It is a valuable resource for students and new therapists.

9. Benchmark Physical Therapy: Building Strength and Mobility in Savannah, TN

Focusing on strength training and mobility enhancement, this book highlights exercises and functional activities prescribed by Benchmark Physical Therapy professionals. It emphasizes the importance of tailored programs to restore independence and improve quality of life.

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A biographical dictionary of noteworthy men and women of the Southern and Southwestern States.
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benchmark physical therapy savannah tn: 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 savannah tn: Physical Therapy; a Career of Science and Service American Physical Therapy Association, 1956

benchmark physical therapy savannah tn: 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 savannah tn: 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 savannah tn: 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 savannah tn: 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 practice, 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 savannah tn: 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 assess, educate, and treat clients.

benchmark physical therapy savannah tn: *Documentation for Rehabilitation* Lori Quinn, James Gordon, 2015-12-11 Better patient management starts with better documentation! *Documentation for Rehabilitation: A Guide to Clinical Decision Making in Physical Therapy*, 3rd Edition shows how to accurately document treatment progress and patient outcomes. Designed for use by rehabilitation professionals, documentation guidelines are easily adaptable to different practice settings and patient populations. Realistic examples and practice exercises reinforce concepts and encourage you to apply what you've learned. Written by expert physical therapy

educators Lori Quinn and James Gordon, this book will improve your skills in both documentation and clinical reasoning. A practical framework shows how to organize and structure PT records, making it easier to document functional outcomes in many practice settings, and is based on the International Classification for Functioning, Disability, and Health (ICF) model - the one adopted by the APTA. Coverage of practice settings includes documentation examples in acute care, rehabilitation, outpatient, home care, and nursing homes, as well as a separate chapter on documentation in pediatric settings. Guidelines to systematic documentation describe how to identify, record, measure, and evaluate treatment and therapies - especially important when insurance companies require evidence of functional progress in order to provide reimbursement. Workbook/textbook format uses examples and exercises in each chapter to reinforce your understanding of concepts. NEW Standardized Outcome Measures chapter leads to better care and patient management by helping you select the right outcome measures for use in evaluations, re-evaluations, and discharge summaries. UPDATED content is based on data from current research, federal policies and APTA guidelines, including incorporation of new terminology from the Guide to Physical Therapist 3.0 and ICD-10 coding. EXPANDED number of case examples covers an even broader range of clinical practice areas.

benchmark physical therapy savannah tn: Guide to Physical Therapist Practice American Physical Therapy Association, 2003

benchmark physical therapy savannah tn: Acute Care Physical Therapy Daniel J. Malone, Kathy Lee Bishop, 2024-06-01 Acutely ill patients are found in the hospital, in the skilled nursing facility, in inpatient rehabilitation facilities, in outpatient practices, and in the home. The role of the physical therapist and physical therapist assistant is to rehabilitate these vulnerable and frail patients to enhance their health and functioning. The goal of *Acute Care Physical Therapy: A Clinician's Guide, Second Edition* is to provide the acute care practitioner with the necessary knowledge to improve patients' structural impairments and activity limitations so they can more successfully participate in life. Nothing could be more challenging and rewarding. Inside, Drs. Daniel Malone and Kathy Lee Bishop, along with their contributors, provide a comprehensive review of acute care physical therapist best practice. This text builds upon fundamental knowledge by addressing important components of the patient examination ranging from the patient's medical history to laboratory testing to life supporting equipment. Following this introduction, each chapter highlights specific organ systems with a review of pertinent anatomy and physiology followed by common health conditions and medical management. Important physical therapy concerns, examination findings, and rehabilitation interventions are discussed in detail. This Second Edition includes numerous tables, figures, review questions, and case studies that highlight clinical reasoning and the physical therapy patient care model as outlined in the *Guide to Physical Therapist Practice*. New in the Second Edition: Increased focus on evidence-based examination, evaluation, and intervention The latest technology in physiologic monitoring and patient support equipment Introduces the "PT Examination" and "ICU" algorithms to promote safe and progressive rehabilitation Emphasis on clinical decision making through the application of a clinical reasoning model applied to the end of chapter cases *Acute Care Physical Therapy: A Clinician's Guide, Second Edition* will serve as a valuable education tool for students, newer professionals as well as post-professionals who provide therapy services to the acutely ill patient regardless of setting.

benchmark physical therapy savannah tn: Physical Therapy Tracker Quantified Life, 2019-06-02 The Quantified Life introduces a way for patients in physical therapy to track their daily exercises, and monitor their progress towards their goals. This physical therapy journal covers 24 weeks, and allows users to input exercises three times a day. It also includes a separate pain chart to track progress across time. Perfect for physical therapy patients who are doing exercises at home, and who want to share their progress with their physical therapist. Great for physical therapists and clinics who want to provide an extra resource to patients to help them follow through with their exercises. Cover: Green and pink mountains. Size: 6x9. Weeks included: 24.

benchmark physical therapy savannah tn: Careers in Physical Therapy Institute For Institute

For Career Research, 2017-05-23 A YOUNG MOTHER STRUGGLES WITH MULTIPLE SCLEROSIS. A teenager sustains a concussion playing football. A soldier loses a leg. A child is born with cerebral palsy. An elderly man suffers a stroke. Thanks to the efforts of physical therapists, the young mother can now hold her child without fear of falling. The teenager is no longer experiencing dizziness and headaches. The soldier learns to walk normally with a prosthesis. The child takes her first step. The elderly man regains function and resumes daily activities. Physical therapists, sometimes called PTs, play a major role in the diagnosis, treatment, and rehabilitation of people with all kinds of injuries, illnesses, and chronic conditions. The most common goal is to help people improve their movement and manage their pain. Treatment plans may include a combination of exercise, traction, mobilization, muscle manipulation, ultrasound, electrotherapy, vestibular training, motor development, and patient education. Assistive and adaptive devices may be used, such as crutches, wheelchairs, orthotics, and prosthetics. An important component of physical therapy is teaching an individual how to move or perform particular tasks in ways that will speed recovery and prevent further injury. Physical therapy, which has been evolving for more than 200 years, can treat a wider range of problems with greater success than ever before. Today, there are many different kinds of physical therapy. Which kind is needed depends on the type of health problem. For example, a patient recovering from a heart attack needs different care than an athlete with a sports injury. Physical therapists are trained to be able to treat all kinds of patients. Because there are so many different kinds, many PTs specialize in one particular area, such as orthopedics or pediatrics. A physical therapist can become board certified in any of nine areas, but there are many more specialties that can be practiced without certification. Physical therapists must earn a Doctor of Physical Therapy (DPT) degree and become licensed to practice in their state. In total, it takes seven years of intense schooling after high school graduation to get to that point. Is it worth the time and hard work? Absolutely, say those in the field. In fact, physical therapy has been consistently ranked among the best careers to pursue. At a glance, the over 35 percent job growth over the next 10 years is exceptional. PTs are needed everywhere and the demand is far outpacing supply. Salaries are also good, generally ranging from \$85,000 to \$100,000 a year. The single reason most PTs are happy in their careers is the enormous satisfaction they get from helping people return to normal, fulfilling lives. Are you looking for a career that offers great job security and the opportunity to earn a comfortable living? If you are compassionate, patient, and physically fit, read on. Physical therapy may be what you are looking for.

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benchmark physical therapy savannah tn: *Evidence Based Physical Therapy* Linda Fettes, Julie Tilson, 2012 This textbook is for the Physical Therapist. The five steps of Evidence Based Practice (EBP) provide the foundation for this book that supports student learning to find, appraise, and apply evidence to improve patient outcomes. You will develop evidence-based questions specific to your clinical decisions and conduct efficient and effective searches of print and online sources to identify the most relevant and highest quality research evidence. Then, you learn to rigorously appraise and interpret the research and combine the research with your clinical expertise and your patients values and goals.

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