

# benchmark physical therapy high point nc

**benchmark physical therapy high point nc** is a leading provider of rehabilitation services in High Point, North Carolina, known for its comprehensive approach to physical therapy and patient care. This article explores the key aspects of Benchmark Physical Therapy in High Point, NC, including the range of services offered, the clinic's specialized treatment techniques, and the benefits patients can expect. Emphasizing quality care and personalized treatment plans, Benchmark Physical Therapy High Point NC is dedicated to helping patients recover from injuries, manage chronic conditions, and improve overall mobility. Additionally, the article will cover the qualifications of the therapy team, patient testimonials, and how to access their services. Whether recovering from surgery or seeking preventative care, understanding what Benchmark Physical Therapy High Point NC provides is essential for making informed healthcare decisions.

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- Services Offered
- Specialized Treatment Techniques
- Benefits of Choosing Benchmark Physical Therapy
- Experienced Physical Therapy Team
- Patient Experience and Testimonials
- Accessing Services and Insurance Information

## Overview of Benchmark Physical Therapy High Point NC

Benchmark Physical Therapy High Point NC is a trusted rehabilitation center specializing in physical therapy services tailored to meet the diverse needs of patients. Located in High Point, this facility is part of a larger network known for delivering evidence-based treatments that promote healing and functional improvement. The clinic focuses on personalized care plans that address individual patient goals, whether recovering from an injury, managing pain, or improving athletic performance. Benchmark Physical Therapy is equipped with modern facilities and advanced equipment to support effective rehabilitation. This center is recognized for its commitment to enhancing patient outcomes through a multidisciplinary approach and ongoing education for both therapists and patients.

# Services Offered

Benchmark Physical Therapy High Point NC offers a wide variety of services designed to address different physical conditions and recovery needs. The clinic's comprehensive service menu ensures patients receive targeted care for optimal recovery and improved quality of life.

## Orthopedic Rehabilitation

Orthopedic rehabilitation is one of the core services provided, focusing on recovery from musculoskeletal injuries such as fractures, joint replacements, and ligament tears. This service involves exercises, manual therapy, and modalities to reduce pain and restore mobility.

## Sports Injury Therapy

Specialized sports injury therapy is offered for athletes and active individuals. Treatments target common sports-related injuries like sprains, strains, and overuse conditions, emphasizing return-to-play readiness and injury prevention strategies.

## Post-Surgical Rehabilitation

Post-surgical rehabilitation programs at Benchmark Physical Therapy High Point NC support patients recovering from surgeries such as ACL reconstruction, rotator cuff repair, and spinal procedures. These programs focus on regaining strength, flexibility, and function safely.

## Neurological Rehabilitation

Patients with neurological conditions such as stroke, Parkinson's disease, or multiple sclerosis receive specialized care to improve motor function, balance, and coordination through tailored therapy protocols.

## Pain Management

Chronic pain management services utilize a combination of physical therapy techniques and patient education to alleviate pain and improve daily function, targeting conditions like arthritis and fibromyalgia.

- Orthopedic Rehabilitation
- Sports Injury Therapy

- Post-Surgical Rehabilitation
- Neurological Rehabilitation
- Pain Management

## **Specialized Treatment Techniques**

Benchmark Physical Therapy High Point NC employs a range of specialized treatment techniques designed to maximize recovery outcomes and enhance patient comfort during therapy sessions.

### **Manual Therapy**

Manual therapy involves hands-on techniques to mobilize joints and soft tissues, reduce pain, and improve mobility. This technique is integral to many treatment plans at Benchmark Physical Therapy.

### **Therapeutic Exercise**

Customized therapeutic exercises are prescribed to strengthen muscles, improve flexibility, and restore functional movement. These exercises are adapted to each patient's condition and progress.

### **Neuromuscular Re-education**

This technique focuses on improving communication between nerves and muscles to restore coordinated movement, especially important for neurological patients or those recovering from injury.

### **Modalities**

Various modalities such as ultrasound, electrical stimulation, and cold laser therapy are utilized to reduce inflammation, promote tissue healing, and manage pain effectively.

### **Balance and Gait Training**

Balance and gait training programs help patients regain stability and proper walking patterns, reducing fall risk and improving independence.

# Benefits of Choosing Benchmark Physical Therapy

Choosing Benchmark Physical Therapy High Point NC offers numerous benefits that contribute to successful rehabilitation and improved patient satisfaction.

- **Personalized Treatment Plans:** Each patient receives an individualized plan tailored to their specific needs and goals.
- **Experienced Clinicians:** Skilled therapists with extensive training provide expert care based on the latest research.
- **State-of-the-Art Equipment:** Advanced technology supports effective and efficient therapy sessions.
- **Comprehensive Care:** Multi-disciplinary approaches address all aspects of physical health and recovery.
- **Convenient Location:** Easily accessible facility in High Point, NC, with flexible scheduling options.
- **Patient Education:** Emphasis on teaching patients self-management techniques for long-term wellness.

## Experienced Physical Therapy Team

The team at Benchmark Physical Therapy High Point NC consists of licensed physical therapists, certified specialists, and support staff dedicated to providing high-quality care. Each therapist brings specialized knowledge and years of clinical experience, enabling them to handle complex cases efficiently. Ongoing professional development ensures that the staff remains current with advancements in physical therapy practices. The collaborative environment fosters comprehensive treatment approaches, combining expertise from various disciplines to optimize patient outcomes.

## Patient Experience and Testimonials

Patients at Benchmark Physical Therapy High Point NC consistently report positive experiences, highlighting the professionalism, attentiveness, and effectiveness of the care received. Testimonials emphasize improvements in pain relief, increased mobility, and enhanced quality of life following their treatment. The clinic prioritizes patient comfort and clear communication, ensuring that individuals feel supported throughout their rehabilitation journey. High patient satisfaction ratings reflect the commitment to excellence and personalized attention at this facility.

## **Accessing Services and Insurance Information**

Benchmark Physical Therapy High Point NC offers straightforward access to its services, welcoming referrals from physicians as well as self-referrals. The clinic accepts a variety of insurance plans, including major commercial insurers, Medicare, and Medicaid, making physical therapy more accessible to a broad patient base. Staff members assist patients with insurance verification and billing questions to reduce administrative burdens. Additionally, flexible appointment scheduling and convenient office hours accommodate the diverse needs of the community.

## **Frequently Asked Questions**

### **What services does Benchmark Physical Therapy in High Point, NC offer?**

Benchmark Physical Therapy in High Point, NC offers services including orthopedic rehabilitation, sports injury therapy, post-surgical rehabilitation, pain management, and personalized physical therapy programs.

### **How can I schedule an appointment at Benchmark Physical Therapy High Point NC?**

You can schedule an appointment at Benchmark Physical Therapy High Point NC by calling their office directly, using their online booking system on their website, or getting a referral from your physician.

### **What are the operating hours of Benchmark Physical Therapy in High Point, NC?**

Benchmark Physical Therapy in High Point, NC typically operates Monday through Friday from 8:00 AM to 5:00 PM. It is recommended to call ahead for specific hours or weekend availability.

### **Does Benchmark Physical Therapy High Point accept insurance?**

Yes, Benchmark Physical Therapy High Point accepts most major insurance plans. It is advisable to contact them directly or your insurance provider to confirm coverage details.

### **What makes Benchmark Physical Therapy in High Point, NC different from other clinics?**

Benchmark Physical Therapy in High Point, NC stands out due to its personalized treatment plans, experienced therapists, state-of-the-art equipment, and a patient-centered approach to rehabilitation and

recovery.

## **Are there any patient reviews available for Benchmark Physical Therapy High Point NC?**

Yes, Benchmark Physical Therapy High Point NC has numerous positive patient reviews online on platforms like Google, Yelp, and their official website highlighting effective treatments and friendly staff.

## **Does Benchmark Physical Therapy High Point NC offer sports injury rehabilitation?**

Yes, Benchmark Physical Therapy High Point NC specializes in sports injury rehabilitation, helping athletes recover quickly and safely through customized therapy programs.

## **Can Benchmark Physical Therapy help with chronic pain management in High Point, NC?**

Absolutely, Benchmark Physical Therapy provides chronic pain management services using various therapeutic techniques aimed at improving mobility and reducing pain.

## **Is there parking available at Benchmark Physical Therapy in High Point, NC?**

Yes, Benchmark Physical Therapy in High Point, NC provides ample parking space for patients at their facility for convenient access during appointments.

## **What should I expect during my first visit to Benchmark Physical Therapy High Point NC?**

During your first visit to Benchmark Physical Therapy High Point NC, you can expect a comprehensive evaluation of your condition, discussion of your medical history, and the development of a personalized treatment plan tailored to your needs.

## **Additional Resources**

### *1. Comprehensive Guide to Benchmark Physical Therapy in High Point, NC*

This book delves into the specialized services offered by Benchmark Physical Therapy in High Point, NC. It covers treatment techniques, patient success stories, and the latest advancements in physical rehabilitation. Ideal for patients and professionals seeking a thorough understanding of the clinic's approach.

## *2. Rehabilitation Excellence: The Benchmark Physical Therapy Approach*

Explore the philosophy and methods that set Benchmark Physical Therapy apart in High Point, NC. The book highlights personalized care plans, innovative therapies, and the importance of patient-centered treatment. It's a valuable resource for therapists and healthcare providers.

## *3. Healing Hands: Stories from Benchmark Physical Therapy, High Point*

A collection of inspiring patient testimonials and case studies from Benchmark Physical Therapy. The narratives showcase recovery journeys and the impact of targeted physical therapy. This book motivates readers facing similar health challenges.

## *4. Physical Therapy Innovations at Benchmark High Point*

Discover cutting-edge techniques and technologies utilized at Benchmark Physical Therapy in High Point, NC. The book discusses advancements such as manual therapy, therapeutic exercise, and pain management strategies. It's perfect for practitioners looking to enhance their clinical skills.

## *5. Managing Chronic Pain with Benchmark Physical Therapy*

Focusing on chronic pain solutions, this book explains how Benchmark Physical Therapy addresses long-term pain conditions. It includes practical advice, therapeutic exercises, and lifestyle modifications tailored to High Point patients. An essential read for those seeking non-invasive pain relief.

## *6. Sports Injury Rehabilitation at Benchmark Physical Therapy, High Point*

This title concentrates on athletic injury recovery programs offered by Benchmark Physical Therapy. It covers assessment, treatment protocols, and prevention tips specific to sports-related injuries. Athletes and coaches will find this book particularly useful.

## *7. Pediatric Physical Therapy Insights from Benchmark High Point*

Highlighting pediatric care, the book explores specialized therapy techniques for children at Benchmark Physical Therapy. Topics include developmental milestones, injury recovery, and adaptive exercises. It's a helpful guide for parents and pediatric therapists alike.

## *8. Post-Surgical Recovery with Benchmark Physical Therapy in High Point*

An in-depth look at how Benchmark Physical Therapy supports patients after surgery. The book outlines rehabilitation timelines, exercise plans, and strategies to regain strength and mobility. Surgeons and patients can benefit from this comprehensive resource.

## *9. Wellness and Prevention: The Benchmark Physical Therapy Philosophy*

This book emphasizes preventive care and wellness programs developed by Benchmark Physical Therapy in High Point, NC. It discusses ergonomics, posture correction, and fitness routines to maintain physical health. A great guide for individuals aiming to prevent injuries and improve overall well-being.

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**benchmark physical therapy high point nc:** *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
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- Comprehensive coverage of the clinical presentation of spine-related pathologies from evaluation to treatment

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