

# benchmark physical therapy savannah ga

**benchmark physical therapy savannah ga** stands as a leading provider of rehabilitative care in the Savannah area, offering comprehensive treatment options to patients recovering from injuries, surgeries, or managing chronic conditions. Known for its patient-centered approach and evidence-based practices, Benchmark Physical Therapy in Savannah, GA, integrates advanced therapeutic techniques to promote optimal recovery and enhance quality of life. This article explores the range of services available, the expertise of the clinical team, patient benefits, and what makes Benchmark Physical Therapy a preferred choice in the region. Whether seeking post-operative rehabilitation, sports injury recovery, or pain management, understanding the offerings at Benchmark Physical Therapy Savannah GA can guide patients toward effective healing solutions. The following sections provide an in-depth overview of their treatment philosophy, specialized programs, and practical information for prospective patients.

- Overview of Benchmark Physical Therapy Savannah GA
- Comprehensive Therapy Services
- Expertise and Qualifications of Staff
- Patient Experience and Care Approach
- Facility Features and Technology
- Insurance and Accessibility
- Community Involvement and Educational Resources

## Overview of Benchmark Physical Therapy Savannah GA

Benchmark Physical Therapy Savannah GA is a prominent outpatient rehabilitation provider specializing in personalized physical therapy treatments. Established with the mission to restore function, alleviate pain, and improve mobility, the center focuses on delivering high-quality care tailored to each individual's needs. The clinic serves a broad demographic, from athletes and post-surgical patients to those managing chronic musculoskeletal conditions. Benchmark Physical Therapy emphasizes a collaborative approach, integrating patient education and active participation to achieve sustained wellness.

## **Mission and Vision**

The core mission of Benchmark Physical Therapy Savannah GA is to provide exceptional rehabilitative services that empower patients to regain their independence and return to their daily activities with confidence. Their vision includes being recognized as a trusted leader in physical therapy within the Savannah community by maintaining high standards of clinical excellence and compassionate care.

## **Location and Accessibility**

Conveniently located in Savannah, GA, Benchmark Physical Therapy offers easy access for residents throughout the metropolitan area. The facility is designed to be accessible to individuals with varying mobility levels, ensuring that all patients can receive the care they require without barriers.

## **Comprehensive Therapy Services**

Benchmark Physical Therapy Savannah GA provides a wide spectrum of rehabilitative services tailored to address specific health concerns. The therapy programs are developed based on thorough evaluations and patient goals, incorporating the latest techniques to optimize outcomes.

## **Orthopedic Rehabilitation**

This service focuses on recovering mobility and strength following orthopedic injuries or surgeries, such as joint replacements, fractures, and ligament repairs. Personalized exercise regimens and manual therapy help restore function and reduce pain.

## **Sports Injury Therapy**

For athletes of all levels, Benchmark offers specialized care to treat sports-related injuries, prevent recurrence, and enhance performance. The therapy includes injury assessment, corrective exercises, and sport-specific training protocols.

## **Neurological Rehabilitation**

Patients with neurological conditions, including stroke, traumatic brain injury, or Parkinson's disease, benefit from targeted therapy designed to improve coordination, balance, and motor control.

## **Chronic Pain Management**

Physical therapy interventions at Benchmark address chronic pain syndromes through a combination of manual therapy, therapeutic exercises, and patient education aimed at pain reduction and functional improvement.

## **Post-Surgical Rehabilitation**

Following surgeries such as spinal procedures or abdominal operations, tailored rehabilitation programs support tissue healing, restore strength, and facilitate a safe return to normal activities.

## **Expertise and Qualifications of Staff**

The clinical team at Benchmark Physical Therapy Savannah GA comprises licensed physical therapists with specialized training and extensive experience. Their commitment to ongoing education ensures that patients receive care grounded in the most current evidence-based practices.

## **Licensed Physical Therapists**

All therapists hold state licenses and certifications in various subspecialties, enabling them to handle a diverse range of conditions effectively. Their expertise spans manual therapy, orthopedic care, sports rehabilitation, and neurological recovery.

## **Continuing Education and Training**

Benchmark encourages professional development through regular participation in workshops, seminars, and advanced certification courses. This dedication to learning enhances treatment quality and introduces innovative therapeutic modalities to the clinic.

## **Collaborative Care Model**

The staff collaborates closely with referring physicians, surgeons, and other healthcare providers to coordinate comprehensive care plans that prioritize patient safety and maximize recovery potential.

## **Patient Experience and Care Approach**

Benchmark Physical Therapy Savannah GA prioritizes patient-centered care, ensuring treatments are customized to individual needs and preferences. This

approach fosters active engagement and promotes better health outcomes.

## **Initial Evaluation and Goal Setting**

Each patient undergoes a detailed assessment to identify functional limitations and set realistic rehabilitation goals. This evaluation guides the formulation of a personalized treatment plan.

## **Hands-On Treatment and Education**

Therapists employ hands-on techniques such as joint mobilization and soft tissue manipulation, complemented by patient education on injury prevention, posture, and home exercise programs.

## **Progress Monitoring**

Benchmark emphasizes regular re-assessment to track improvement, adjust therapy plans as needed, and ensure that patients remain on the optimal path toward recovery.

## **Facility Features and Technology**

The physical therapy center in Savannah is equipped with state-of-the-art facilities and modern technology designed to enhance therapeutic effectiveness and patient comfort.

## **Advanced Therapeutic Equipment**

Benchmark Physical Therapy offers access to specialized equipment such as therapeutic ultrasound, electrical stimulation, and traction devices that assist in pain relief and tissue healing.

## **Exercise and Rehabilitation Areas**

Spacious treatment rooms and dedicated exercise zones provide an ideal environment for implementing individualized therapy programs and functional training.

## **Patient Amenities**

The facility incorporates patient-friendly amenities to create a welcoming atmosphere, including accessible parking, comfortable waiting areas, and

private treatment spaces.

## **Insurance and Accessibility**

Understanding the importance of affordable care, Benchmark Physical Therapy Savannah GA accepts a variety of insurance plans and offers transparent financial policies to accommodate diverse patient needs.

### **Accepted Insurance Providers**

The clinic works with major insurance carriers to facilitate coverage for physical therapy services, reducing out-of-pocket expenses for patients.

### **Flexible Scheduling Options**

Appointments are available at convenient times, including early mornings and evenings, to accommodate busy schedules and ensure timely access to care.

### **Accessibility for All Patients**

The facility complies with ADA standards, providing barrier-free access and support services for individuals with disabilities or limited mobility.

## **Community Involvement and Educational Resources**

Benchmark Physical Therapy Savannah GA actively engages with the local community through educational initiatives and wellness programs aimed at promoting health and injury prevention.

### **Workshops and Seminars**

The clinic hosts regular events focused on topics such as injury prevention, ergonomic practices, and healthy lifestyle habits to empower community members with knowledge.

### **Partnerships with Local Organizations**

Collaborations with schools, sports clubs, and healthcare providers help extend physical therapy services and support community health initiatives.

## **Online Resources and Patient Support**

Benchmark offers access to educational materials, exercise guides, and FAQs to assist patients in maintaining progress outside the clinical setting.

- Personalized Physical Therapy Programs
- Experienced and Licensed Therapists
- State-of-the-Art Facility and Equipment
- Comprehensive Insurance Coverage
- Community-Focused Health Education

## **Frequently Asked Questions**

### **What services does Benchmark Physical Therapy in Savannah, GA offer?**

Benchmark Physical Therapy in Savannah, GA offers a range of services including orthopedic rehabilitation, sports injury recovery, post-surgical therapy, pain management, and customized exercise programs to help patients regain strength and mobility.

### **How experienced are the therapists at Benchmark Physical Therapy in Savannah, GA?**

The therapists at Benchmark Physical Therapy in Savannah, GA are highly experienced and licensed professionals with specialized training in physical therapy techniques, ensuring personalized and effective treatment plans for each patient.

### **Does Benchmark Physical Therapy accept insurance in Savannah, GA?**

Yes, Benchmark Physical Therapy in Savannah, GA accepts most major insurance plans. They also offer assistance with insurance verification and billing to make the process easier for patients.

### **What are the patient reviews like for Benchmark**

# Physical Therapy in Savannah, GA?

Benchmark Physical Therapy in Savannah, GA has received positive patient reviews highlighting their professional staff, personalized care, effective treatment outcomes, and friendly environment.

## How can I schedule an appointment with Benchmark Physical Therapy in Savannah, GA?

You can schedule an appointment with Benchmark Physical Therapy in Savannah, GA by calling their office directly, visiting their website to book online, or through a physician referral.

## Additional Resources

### 1. *Comprehensive Guide to Physical Therapy in Savannah, GA*

This book offers an in-depth look at physical therapy practices specific to Savannah, Georgia, highlighting local clinics such as Benchmark Physical Therapy. It covers common treatment techniques, patient care strategies, and the importance of community-based rehabilitation programs. Readers will gain insight into how regional factors influence therapy approaches and patient outcomes.

### 2. *Benchmark Physical Therapy: A Case Study Approach*

Focusing on Benchmark Physical Therapy in Savannah, this book presents detailed case studies showcasing patient progress and treatment methodologies. It explores how individualized therapy plans are developed and adjusted over time. The book is ideal for practitioners seeking real-world examples of successful rehabilitation.

### 3. *Innovations in Physical Therapy: The Savannah Experience*

This title highlights cutting-edge techniques and technologies used by physical therapy clinics in Savannah, including Benchmark Physical Therapy. It discusses advancements such as tele-rehabilitation, manual therapy innovations, and patient engagement tools. The book aims to inspire therapists to adopt modern practices for improved patient care.

### 4. *Rehabilitation Strategies at Benchmark Physical Therapy*

Delving into the specific rehabilitation protocols employed by Benchmark Physical Therapy, this book outlines effective strategies for treating musculoskeletal injuries and chronic pain. It emphasizes evidence-based practices and multidisciplinary collaboration. Physical therapists and students will find valuable treatment frameworks and tips.

### 5. *Physical Therapy Patient Journey in Savannah, GA*

This narrative-driven book follows the experiences of several patients receiving care at Benchmark Physical Therapy. It emphasizes the emotional and physical challenges faced during recovery and the role of therapists in supporting patient resilience. The book offers a compassionate perspective on

rehabilitation success stories.

6. *Physical Therapy Practice Management: Insights from Savannah Clinics*

A resource for clinic administrators and therapists, this book covers the operational aspects of running a physical therapy practice in Savannah, with Benchmark Physical Therapy as a primary example. Topics include patient scheduling, insurance navigation, staff training, and marketing strategies. It provides practical advice for enhancing clinic efficiency and patient satisfaction.

7. *Manual Therapy Techniques in Savannah's Physical Therapy Clinics*

Highlighting manual therapy methods popular in Savannah-area clinics such as Benchmark Physical Therapy, this book details hands-on treatment approaches including mobilization and manipulation. It explains the biomechanics behind these techniques and their therapeutic benefits. Therapists will find step-by-step guidance and patient case examples.

8. *Community Health and Physical Therapy in Savannah*

This book explores the role of physical therapy in promoting community health in Savannah, focusing on outreach programs and preventive care initiatives led by Benchmark Physical Therapy. It discusses strategies for increasing public awareness and accessibility to therapy services. The text underscores the importance of community involvement in health outcomes.

9. *Sports Injury Rehabilitation at Benchmark Physical Therapy*

Specializing in sports-related injuries, this book examines rehabilitation protocols used at Benchmark Physical Therapy to help athletes recover and return to peak performance. It covers injury assessment, therapeutic exercises, and return-to-play criteria. Coaches, athletes, and therapists alike will benefit from its comprehensive approach.

## **[Benchmark Physical Therapy Savannah Ga](#)**

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**benchmark physical therapy savannah ga: *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 ga: *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 ga: *Physical Therapy; a Career of Science and Service*** American Physical Therapy Association, 1956

**benchmark physical therapy savannah ga: *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 ga:** 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 ga:** 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 ga:** Evidence Based Physical Therapy Linda Fетters, Julie Tilson, 2018-10-02 Improve outcomes through evidence-based therapy. This practical, easy-to-use guide uses a five-step process to show you how to find, appraise, and apply the research in the literature to meet your patient's goals. You'll learn how to 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 evidence. Then, you'll undertake a careful appraisal of the information; interpret the research; and synthesize the results to generate valid answers to your questions. And, finally, you'll use the Critically Appraised Topic (CAT) tool to communicate your findings. See what practitioners and students are saying about the previous edition... Great resource for applying evidence to practice. "The book is very clearly written with clinical examples, and in-depth questions. If you want a comprehensive book on statistics this is not the book for you, but it is an easily understandable introduction to physical therapy research which will help you to interpret the literature and apply it to your patients."

**benchmark physical therapy savannah ga: Quick Reference Dictionary for Physical Therapy** Jennifer Bottomley, 2024-06-01 Quick Reference Dictionary for Physical Therapy has been revised and updated into a Third Edition to include the latest information in the field of physical therapy. This reference book, designed specifically for the physical therapy and physical therapist assistant student and practitioner, provides a magnitude of terms, definitions, guidelines, and references essential to the field. This Third Edition provides quick access to over 3400 words and their definitions that are encountered on a day-to-day basis (400 more than the previous edition). There are also 41 appendices in this user-friendly, pocket-sized reference where you can find information such as lists of general acronyms and abbreviations for words commonly used in physical therapy/rehabilitation; commonly used acronyms for evaluative tests and measures; and definitions of impairment, disability, and handicap as established and accepted by the World Health Organization. What is new inside the Third Edition: • More than 100 new abbreviations and acronyms • Updated Code of Ethics for the Physical Therapist • A new Drug Prescribing and Elimination Abbreviations appendix • Updates to suggested readings Quick Reference Dictionary for Physical Therapy, Third Edition is the perfect, pocket size, affordable companion for school, clinical affiliations, and physical therapy practice.

**benchmark physical therapy savannah ga: 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?

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