

benchmark physical therapy north myrtle beach

benchmark physical therapy north myrtle beach is a leading provider of rehabilitation and wellness services in the North Myrtle Beach area. Known for its comprehensive approach to physical therapy, this facility offers personalized treatment plans designed to promote recovery, improve mobility, and enhance overall quality of life. With a team of experienced therapists, state-of-the-art equipment, and a patient-centered philosophy, Benchmark Physical Therapy North Myrtle Beach caters to a wide range of conditions, including sports injuries, post-surgical rehabilitation, chronic pain management, and neurological disorders. This article explores the key aspects of Benchmark Physical Therapy North Myrtle Beach, including its services, treatment methods, patient experience, and the benefits of choosing this clinic for physical rehabilitation. The following sections will provide detailed insights into what makes Benchmark Physical Therapy a preferred choice for residents and visitors seeking expert physical therapy care.

- Overview of Benchmark Physical Therapy North Myrtle Beach
- Services Offered
- Expertise and Treatment Approaches
- Patient Experience and Facility Features
- Benefits of Choosing Benchmark Physical Therapy

Overview of Benchmark Physical Therapy North Myrtle Beach

Benchmark Physical Therapy North Myrtle Beach is a recognized leader in the field of outpatient physical therapy, offering tailored rehabilitation programs that address the unique needs of each patient. Located conveniently in North Myrtle Beach, the clinic serves a diverse population, including athletes, seniors, and individuals recovering from injuries or surgeries. The facility prides itself on combining clinical expertise with compassionate care to deliver optimal outcomes. Benchmark Physical Therapy emphasizes evidence-based practices and continuous education to stay at the forefront of advancements in physical rehabilitation.

Mission and Vision

The mission of Benchmark Physical Therapy North Myrtle Beach is to provide exceptional therapeutic care that restores function, reduces pain, and empowers patients to achieve their highest potential. The clinic's vision revolves around being the premier physical therapy provider in the region by fostering a supportive environment and utilizing innovative treatment modalities.

Location and Accessibility

Situated in the heart of North Myrtle Beach, the facility offers easy access for local residents and visitors alike. Ample parking, accessible entryways, and convenient appointment scheduling contribute to a seamless patient experience. The location is designed to accommodate individuals of all mobility levels, ensuring inclusive care for every patient.

Services Offered

Benchmark Physical Therapy North Myrtle Beach provides a comprehensive range of services that cater to various rehabilitation needs. These services are designed to accelerate healing, improve strength and flexibility, and promote long-term wellness.

Orthopedic Rehabilitation

Orthopedic rehabilitation is one of the core services offered, focusing on conditions related to the musculoskeletal system. This includes recovery from fractures, joint replacements, tendonitis, and ligament injuries. Customized exercise programs and manual therapy techniques are commonly employed to restore optimal function.

Sports Injury Therapy

Specialized sports injury therapy addresses acute and chronic injuries sustained during athletic activities. Therapists at Benchmark Physical Therapy North Myrtle Beach work with athletes to reduce recovery time, enhance performance, and prevent further injury through targeted interventions.

Post-Surgical Rehabilitation

Patients recovering from surgeries such as ACL reconstruction, rotator cuff repair, or spinal procedures benefit from structured rehabilitation plans. These plans emphasize gradual progression, pain management, and functional restoration under professional supervision.

Neurological Physical Therapy

The clinic also offers neurological physical therapy for patients with conditions like stroke, Parkinson's disease, multiple sclerosis, and spinal cord injuries. Techniques focus on improving motor control, balance, coordination, and overall independence.

Chronic Pain Management

Managing chronic pain is a critical aspect of the services at Benchmark Physical Therapy. Therapists utilize a combination of manual therapy, therapeutic exercises, and patient education to help individuals reduce pain and improve quality of life.

Expertise and Treatment Approaches

The team at Benchmark Physical Therapy North Myrtle Beach consists of licensed physical therapists with specialized training in various rehabilitation disciplines. Their expertise ensures that patients receive the most effective and up-to-date care.

Evidence-Based Practice

Benchmark Physical Therapy follows an evidence-based approach, integrating the latest research findings into clinical practice. This commitment guarantees that treatment plans are both scientifically sound and tailored to individual patient goals.

Personalized Treatment Plans

Each patient undergoes a thorough evaluation to develop a customized treatment plan. This personalized approach considers medical history, current condition, lifestyle factors, and specific recovery objectives to maximize therapy outcomes.

Advanced Therapeutic Techniques

The clinic employs a variety of advanced therapeutic techniques, including:

- Manual therapy and joint mobilization
- Therapeutic exercises and functional training
- Neuromuscular re-education
- Balance and proprioception exercises
- Modalities such as ultrasound, electrical stimulation, and cold laser therapy

These techniques are integrated into treatment sessions to accelerate healing and enhance functional recovery.

Patient Experience and Facility Features

Benchmark Physical Therapy North Myrtle Beach prioritizes patient comfort and satisfaction through a welcoming environment and attentive service. The facility is designed to support efficient and effective therapy sessions.

State-of-the-Art Equipment

The clinic is equipped with modern rehabilitation tools and technology to facilitate diverse therapeutic activities. This includes resistance training equipment, balance systems, and modalities that support pain relief and tissue healing.

Qualified and Compassionate Staff

Beyond technical expertise, the staff at Benchmark Physical Therapy demonstrate empathy and clear communication, fostering a positive therapeutic relationship. Patient education is emphasized to empower individuals in their recovery journey.

Flexible Scheduling and Accessibility

Understanding the varied needs of patients, Benchmark Physical Therapy offers flexible appointment times and convenient scheduling options. The facility is fully accessible, ensuring ease of access for patients with disabilities or limited mobility.

Benefits of Choosing Benchmark Physical Therapy

Opting for Benchmark Physical Therapy North Myrtle Beach provides numerous advantages for individuals seeking physical rehabilitation services.

Comprehensive Care Model

The clinic's multidisciplinary approach addresses not only physical symptoms but also functional limitations and lifestyle factors, leading to holistic recovery.

Improved Recovery Outcomes

Through personalized care and evidence-based treatment, patients experience faster recovery, reduced pain, and improved mobility, enabling them to return to daily activities and sports more quickly.

Patient Education and Empowerment

Education on injury prevention, home exercises, and ergonomic practices equips patients to maintain long-term health and avoid future complications.

Community Reputation and Trust

Benchmark Physical Therapy North Myrtle Beach has built a strong reputation for excellence in

patient care, supported by positive testimonials and referrals from healthcare providers in the region.

Services Summary

- Orthopedic and Sports Injury Rehabilitation
- Post-Surgical Recovery Programs
- Neurological Rehabilitation
- Chronic Pain Management
- Personalized Treatment Plans
- State-of-the-Art Facilities and Equipment

Frequently Asked Questions

What services does Benchmark Physical Therapy in North Myrtle Beach offer?

Benchmark Physical Therapy in North Myrtle Beach offers a range of services including orthopedic rehabilitation, sports injury treatment, post-surgical therapy, manual therapy, and personalized exercise programs.

How can I schedule an appointment at Benchmark Physical Therapy North Myrtle Beach?

You can schedule an appointment by calling Benchmark Physical Therapy directly, visiting their website to book online, or stopping by their North Myrtle Beach location during business hours.

Does Benchmark Physical Therapy North Myrtle Beach accept insurance?

Yes, Benchmark Physical Therapy North Myrtle Beach accepts most major insurance plans. It is recommended to contact their office or check with your insurance provider to confirm coverage.

What are the operating hours of Benchmark Physical Therapy in North Myrtle Beach?

Benchmark Physical Therapy North Myrtle Beach typically operates Monday through Friday from 8:00 AM to 6:00 PM. Hours may vary, so it's best to contact them directly for the most accurate schedule.

Are there any patient reviews available for Benchmark Physical Therapy North Myrtle Beach?

Yes, Benchmark Physical Therapy North Myrtle Beach has numerous positive patient reviews highlighting their professional staff, effective treatments, and friendly environment on platforms like Google, Yelp, and their official website.

What makes Benchmark Physical Therapy North Myrtle Beach different from other clinics?

Benchmark Physical Therapy North Myrtle Beach focuses on personalized care plans, hands-on therapy techniques, and a patient-centered approach to ensure effective and timely recovery tailored to each individual's needs.

Additional Resources

1. Comprehensive Guide to Physical Therapy Techniques in North Myrtle Beach

This book offers an in-depth look at the most effective physical therapy methods practiced in North Myrtle Beach. It covers various treatment plans tailored to the local population, including aquatic therapy and manual techniques. Readers will find case studies and expert advice from Benchmark Physical Therapy professionals, making it a valuable resource for both practitioners and patients.

2. Rehabilitation and Recovery: Benchmark Physical Therapy Approaches

Focusing on recovery strategies, this book explores how Benchmark Physical Therapy in North Myrtle Beach helps patients regain strength and mobility after injury or surgery. It highlights personalized rehabilitation programs and innovative technology used in clinics. The text also includes patient testimonials and progress tracking tools to inspire and inform.

3. Sports Injury Prevention and Treatment in Coastal Communities

Designed for athletes and active individuals in North Myrtle Beach, this title discusses common sports injuries and their prevention through physical therapy. Emphasizing Benchmark Physical Therapy's role, the book explains conditioning exercises, stretching routines, and recovery protocols. It serves as a practical guide to maintaining peak performance while avoiding setbacks.

4. Manual Therapy Practices: A North Myrtle Beach Perspective

This book delves into manual therapy techniques such as massage, joint mobilization, and soft tissue manipulation used by Benchmark Physical Therapy clinicians. It details how these hands-on treatments alleviate pain and improve function in musculoskeletal conditions. Readers gain insight into the science behind manual therapy and its application in a coastal healthcare setting.

5. Innovations in Aquatic Therapy at Benchmark Physical Therapy

Highlighting the benefits of water-based rehabilitation, this book discusses how aquatic therapy programs are tailored for patients in North Myrtle Beach. It covers the principles of buoyancy, resistance, and hydrotherapy equipment used at Benchmark Physical Therapy. The text also includes program designs for various conditions, from arthritis to post-operative recovery.

6. Geriatric Physical Therapy: Enhancing Quality of Life in North Myrtle Beach

This title addresses the unique physical therapy needs of the elderly population served by Benchmark

Physical Therapy. It explores balance training, fall prevention, and mobility enhancement techniques designed to promote independence and wellbeing. The book also discusses community resources and support systems available in North Myrtle Beach.

7. Pediatric Physical Therapy Insights from Benchmark North Myrtle Beach

Focusing on children's physical therapy, this book covers developmental milestones, common pediatric conditions, and specialized treatment approaches used by Benchmark Physical Therapy. It emphasizes family involvement and customized care plans to support growth and functional development. The guide is ideal for parents and therapists working with young patients.

8. Post-Surgical Rehabilitation: Strategies from Benchmark Physical Therapy

Detailing step-by-step rehabilitation protocols following orthopedic surgeries, this book provides a comprehensive framework used by Benchmark Physical Therapy in North Myrtle Beach. It includes pain management, strength rebuilding, and flexibility exercises tailored to different surgical procedures. The book aims to optimize recovery outcomes and reduce complications.

9. Holistic Physical Therapy: Integrating Wellness and Rehabilitation

This book explores the holistic approach practiced at Benchmark Physical Therapy, combining physical rehabilitation with mental and emotional wellness strategies. It covers nutrition, stress management, and therapeutic exercises that contribute to overall health. Readers will find practical tips to achieve balance and long-term physical fitness in the North Myrtle Beach community.

Benchmark Physical Therapy North Myrtle Beach

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benchmark physical therapy north myrtle beach: 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 north myrtle beach: *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.

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benchmark physical therapy north myrtle beach: *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 north myrtle beach: Physical Therapy Documentation Mia Erickson, Ralph Utzman, Rebecca McKnight, 2024-06-01 Newly updated and revised, Physical Therapy Documentation: From Examination to Outcome, Third Edition provides physical therapy students, educators, and clinicians with essential information on documentation for contemporary physical therapy practice. Complete and accurate documentation is one of the most essential skills for physical therapists. In this text, authors Mia L. Erickson, Rebecca McKnight, and Ralph Utzman teach the knowledge and skills necessary for correct documentation of physical therapy services, provide guidance for readers in their ethical responsibility to quality record-keeping, and deliver the mechanics of note writing in a friendly, approachable tone. Featuring the most up-to-date information on proper documentation and using the International Classification of Functioning, Disabilities, and Health (ICF) model as a foundation for terminology, the Third Edition includes expanded examples across a variety of practice settings as well as new chapters on: Health informatics Electronic medical records Rules governing paper and electronic records Billing, coding, and outcomes measures Included with the text are online supplemental materials for faculty use in the classroom. An invaluable reference in keeping with basic documentation structure, Physical Therapy Documentation: From Examination to Outcome, Third Edition is a necessity for both new and seasoned physical therapy practitioners.

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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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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.

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benchmark physical therapy north myrtle beach: Expertise in Physical Therapy Practice Gail M. Jensen, 2007 **Selected for Doody's Core Titles® 2024 in Physical Therapy** This comprehensive text examines what it takes to progress toward - and ultimately become - an expert in physical therapy. It explores multiple dimensions of expertise: how expert practitioners develop, what knowledge they use, where they acquire that knowledge, how they think and reason, how they make decisions, and how they perform in practice to demonstrate what it takes to progress and ultimately become an expert in physical therapy. Introduces the four core concepts that comprise the model of expertise: Knowledge, Clinical Reasoning, Movement, and Virtue A Data Collection

Tools Appendix provides a step-by-step description of the process that the authors used to select, interview, and collect data from the experts in each case study to demonstrate the use of critical thinking and research-based analysis. Contributed chapters on Expert Practice and Clinical Outcomes, Clinical Reasoning and Expert Practice, and Implications for Practice. Implications for Practice chapter covers the implementation and results of this model of expertise in a staff development program. A Postscript, The Voices of our Experts 10 Years Later, where clinicians share the evolution of their expertise. Two chapters on Inquiry into Expertise and Implications for Doctoral Level Education in Physical Therapy provide insights into the practical application of the core concepts of the physical therapy model of expertise and facilitate the continued development of expertise in physical therapy.

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Michael A. Pagliarulo, 1996. Providing an overview of the profession and practice of physical therapy, this text presents an excellent introduction to any program of study in physical therapy. Part I, Profession, reviews roles of the physical therapist and practice settings, the APTA, laws, regulations, policies, and current issues. A whole chapter focuses on the physical therapist assistant defining the roles of this large and growing group of health professionals. Part II, Practice, reviews function, disorders, and therapies in major organ systems of the body (musculoskeletal, neuromuscular, cardiopulmonary, and integumentary) in an applied context targeted for physical therapists and physical therapist assistants. Includes information specific to pediatric and older adult patients as well.

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benchmark **baseline** benchmark benchmark dataset

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Benchmarks - Benchmark Benchmarking measures performance using a specific indicator, resulting in a metric that is then compared to others. Key performance indicators

SOTA **benchmark** **baseline** - SOTA state of the art SOTA model benchmark

Benchmark Forum Benchmark sajt je najpopularniji ICT medij u Srbiji koji na dnevnom nivou informiše, edukuje i savetuje posetioce kroz mnoštvo sadržaja koji pokrivaju kako lokalno tržište, tako i

baseline **benchmark** - benchmark baseline benchmark R benchmark (Benchmark Experiments) benchmark The

Agent **Benchmark** - Agent Benchmark Agent Benchmark

3D **benchmark** 3D benchmark Benchmark Benchmark

7.1 Benchmark 7.1 Benchmark Benchmark Workload Benchmark

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