

benchmark physical therapy douglasville ga

benchmark physical therapy douglasville ga is a premier provider of rehabilitative services designed to help patients recover from injury, manage chronic conditions, and improve overall physical function. Located in Douglasville, Georgia, this facility is renowned for its patient-centered approach, cutting-edge treatment modalities, and highly qualified therapists. This article explores the various services offered, the benefits of physical therapy, and what sets Benchmark Physical Therapy apart in the Douglasville community. Additionally, it covers important aspects such as patient care techniques, insurance and payment options, and tips for maximizing therapy outcomes. Whether recovering from surgery, dealing with sports injuries, or managing pain, Benchmark Physical Therapy Douglasville GA offers comprehensive support tailored to individual needs.

- Overview of Benchmark Physical Therapy Douglasville GA
- Range of Services Provided
- Benefits of Physical Therapy
- Patient Care Approach and Techniques
- Insurance, Payment Options, and Accessibility
- Tips for Maximizing Physical Therapy Outcomes

Overview of Benchmark Physical Therapy Douglasville GA

Benchmark Physical Therapy in Douglasville, GA, is a leading outpatient rehabilitation clinic committed to restoring mobility and enhancing quality of life for its patients. With a team of licensed physical therapists and support staff, the clinic emphasizes personalized treatment plans based on thorough evaluations. The facility is equipped with modern therapeutic equipment and integrates evidence-based practices to ensure effective recovery. Serving the Douglasville community and surrounding areas, Benchmark Physical Therapy has built a reputation for excellence through consistent patient satisfaction and positive treatment outcomes.

Location and Facility

The clinic is strategically located in Douglasville, making it accessible to residents across Douglas County.

The facility features spacious treatment rooms, advanced rehabilitation tools, and a comfortable environment conducive to healing. Accessibility is a priority, with accommodations for patients with mobility challenges and convenient parking options.

Professional Team

Benchmark Physical Therapy's team consists of highly trained physical therapists who hold certifications in various specialized areas such as orthopedics, sports therapy, and neurological rehabilitation. Their expertise allows them to create targeted therapy programs that address specific patient needs, promoting faster and more effective recovery.

Range of Services Provided

Benchmark Physical Therapy Douglasville GA offers a comprehensive array of services designed to treat a wide spectrum of musculoskeletal and neurological conditions. These services cater to patients of all ages and levels of physical ability.

Orthopedic Physical Therapy

This service focuses on treating injuries related to bones, joints, ligaments, and muscles. Common conditions addressed include fractures, sprains, post-surgical rehabilitation, and arthritis management.

Sports Injury Rehabilitation

Specialized programs are available for athletes recovering from sports-related injuries, aiming to restore function while preventing future injuries. Therapists use sport-specific exercises and conditioning techniques.

Neurological Rehabilitation

Patients with neurological disorders such as stroke, multiple sclerosis, or Parkinson's disease receive tailored therapy to improve motor skills, balance, and coordination.

Manual Therapy and Modalities

The clinic employs hands-on techniques such as joint mobilization, soft tissue massage, and therapeutic ultrasound to reduce pain and enhance tissue healing.

Pain Management Programs

For chronic pain sufferers, Benchmark Physical Therapy provides multidisciplinary approaches including exercise therapy, education, and modality applications to manage and reduce pain levels.

Benefits of Physical Therapy

Physical therapy is a non-invasive treatment option that offers numerous benefits for recovery, health maintenance, and injury prevention. Benchmark Physical Therapy Douglasville GA highlights these advantages through patient education and therapy plans.

Improved Mobility and Function

Physical therapy helps restore movement and improve strength, allowing patients to return to daily activities and work with greater ease.

Pain Relief

Therapeutic exercises and manual interventions help reduce pain by addressing the underlying causes rather than just masking symptoms.

Prevention of Future Injuries

Through education and conditioning, patients learn techniques to avoid re-injury and maintain long-term musculoskeletal health.

Enhanced Recovery Post-Surgery

Physical therapy accelerates healing after surgical procedures by improving circulation, reducing stiffness, and strengthening affected areas.

Patient Care Approach and Techniques

Benchmark Physical Therapy in Douglasville adopts a holistic, patient-centered approach that prioritizes individual goals, preferences, and progress monitoring.

Initial Evaluation and Goal Setting

Each patient undergoes a comprehensive assessment to identify impairments, functional limitations, and personal objectives. This evaluation forms the foundation of a customized treatment plan.

Evidence-Based Treatment Protocols

Therapists utilize the latest research and clinical guidelines to apply interventions that are proven effective, ensuring high standards of care.

Use of Advanced Therapeutic Equipment

State-of-the-art equipment such as electrical stimulation devices, balance trainers, and resistance machines are incorporated to enhance therapy results.

Patient Education and Home Exercise Programs

Education on injury prevention, posture correction, and self-management strategies is integral. Patients receive tailored home exercise routines to complement in-clinic sessions.

Insurance, Payment Options, and Accessibility

Benchmark Physical Therapy Douglasville GA strives to make physical therapy services affordable and accessible to a broad patient population through flexible payment and insurance options.

Accepted Insurance Plans

The clinic accepts a wide range of insurance providers, including major commercial plans, Medicare, and workers' compensation, facilitating seamless coverage for eligible patients.

Self-Pay and Flexible Payment Plans

For uninsured patients or those seeking cash-based services, flexible payment plans are available to accommodate different financial situations.

Accessibility and Appointment Scheduling

Patients benefit from convenient appointment times, including early mornings and evenings. The facility is compliant with ADA standards to support patients with disabilities.

Tips for Maximizing Physical Therapy Outcomes

Success in physical therapy depends not only on the quality of care but also on patient engagement and adherence to prescribed regimens. Benchmark Physical Therapy Douglasville GA emphasizes these key practices.

- Attend all scheduled therapy sessions consistently to maintain progress.
- Perform home exercises as instructed to reinforce gains made during therapy.
- Communicate openly with therapists about pain levels, difficulties, or concerns.
- Adopt lifestyle modifications such as proper ergonomics and nutrition to support healing.
- Set realistic short-term and long-term goals with the therapy team to stay motivated.

Frequently Asked Questions

What services does Benchmark Physical Therapy in Douglasville, GA offer?

Benchmark Physical Therapy in Douglasville, GA offers services including orthopedic rehabilitation, sports injury therapy, post-surgical rehabilitation, manual therapy, and personalized exercise programs to help patients recover and improve mobility.

How experienced are the therapists at Benchmark Physical Therapy in Douglasville, GA?

The therapists at Benchmark Physical Therapy in Douglasville, GA are highly experienced, licensed professionals with extensive training in physical therapy techniques and patient care, ensuring effective and personalized treatment plans.

Does Benchmark Physical Therapy in Douglasville, GA accept insurance?

Yes, Benchmark Physical Therapy in Douglasville, GA accepts most major insurance plans. They recommend contacting their office directly to verify insurance coverage and benefits before beginning treatment.

What are the operating hours of Benchmark Physical Therapy in Douglasville, GA?

Benchmark Physical Therapy in Douglasville, GA typically operates Monday through Friday, with hours generally from 8:00 AM to 6:00 PM. It is advisable to call ahead for specific hours or to schedule an appointment.

How can I book an appointment at Benchmark Physical Therapy in Douglasville, GA?

You can book an appointment at Benchmark Physical Therapy in Douglasville, GA by calling their office directly or visiting their website to request an appointment online. Early scheduling is recommended due to demand.

Additional Resources

1. Comprehensive Guide to Benchmark Physical Therapy in Douglasville, GA

This book provides an in-depth overview of Benchmark Physical Therapy practices specific to Douglasville, GA. It covers treatment techniques, patient care standards, and success stories from local clinics. Readers will gain insight into how physical therapy can improve recovery outcomes in this community.

2. Effective Rehabilitation Strategies at Benchmark Physical Therapy Douglasville

Focused on rehabilitation methods used at Benchmark Physical Therapy in Douglasville, this book explores various therapeutic exercises and modalities. It highlights case studies demonstrating patient progress and offers practical advice for physical therapists and patients alike.

3. Patient-Centered Care in Douglasville's Benchmark Physical Therapy Clinics

This title emphasizes the importance of personalized treatment plans in physical therapy. It discusses how Benchmark Physical Therapy in Douglasville tailors services to meet individual needs, improving patient satisfaction and recovery rates.

4. Innovations in Physical Therapy: Benchmark Douglasville's Approach

Explore the latest technological advancements and innovative therapies implemented at Benchmark Physical Therapy in Douglasville. This book details new equipment, cutting-edge techniques, and how

they enhance patient rehabilitation.

5. Managing Chronic Pain with Benchmark Physical Therapy in Douglasville, GA

Chronic pain management is a critical focus of this book, which outlines strategies used by Benchmark Physical Therapy clinics in Douglasville. It includes patient testimonials and evidence-based approaches to reduce pain and improve quality of life.

6. Sports Injury Rehabilitation at Benchmark Physical Therapy Douglasville

Designed for athletes and sports enthusiasts, this book covers the specialized rehabilitation programs offered by Benchmark Physical Therapy in Douglasville. It discusses injury prevention, treatment protocols, and return-to-sport guidelines.

7. Benchmark Physical Therapy Douglasville: A Community Health Resource

This book highlights the role of Benchmark Physical Therapy as a vital health resource in Douglasville, GA. It explores community outreach programs, educational workshops, and partnerships that promote overall wellness.

8. Post-Surgical Recovery Techniques at Benchmark Physical Therapy Douglasville

Detailing post-operative care, this book guides patients through effective recovery processes used at Benchmark Physical Therapy clinics. It explains how tailored therapy plans help restore mobility and reduce complications after surgery.

9. Understanding Pediatric Physical Therapy at Benchmark Douglasville

Focusing on pediatric care, this book discusses how Benchmark Physical Therapy in Douglasville addresses the unique needs of children. It covers developmental milestones, therapeutic techniques, and family involvement in the treatment process.

Benchmark Physical Therapy Douglasville Ga

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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 douglasville ga: Physical Therapy in Acute Care Daniel Joseph Malone, Kathy Lee Bishop Lindsay, 2006 Safe and effective management is a top priority for every physical therapy student or clinician involved with patients in the acute care setting. Physical Therapy in Acute Care: A Clinician's Guide is a user-friendly, pocket-sized, evidence-based text that guides and reinforces successful acute care patient management. Physical Therapy in Acute Care provides clinicians with an understanding of the basic physiological mechanisms underlying normal function of all major organ systems, contrasted with the pathophysiology of the disease and disorders that physical therapists will most often encounter in an acute care environment. Inside the pages of Physical Therapy in Acute Care, Daniel Malone and Kathy Lee Bishop-Lindsay provide a comprehensive review of acute physical therapy best practice. This text builds upon fundamental knowledge by addressing important components of patient examination, discussing relevant medical tests, and listing diseases and diagnoses alphabetically with brief medical management. Some Chapter Topics Include: • Cardiovascular, pulmonary, musculoskeletal, gastrointestinal, genitourinary, and neurological diseases and disorders • The immune system and infectious disease • Oncology rehabilitation • Wound care • Transplantation Each chapter highlights important physical therapy concerns, examination findings, and rehabilitation interventions. In addition, Physical Therapy in Acute Care includes numerous tables, figures, review questions, and case studies that highlight the physical therapy patient care model as outlined in the Guide to Physical Therapist Practice. Exciting Features: • An in-depth description of laboratory tests and procedures incorporating the physiologic significance of abnormal findings • Pharmacologic information for each organ system chapter including side effects of common medical interventions • A chapter on deconditioning and bed rest effects in the acute care environment • A discharge recommendation decision tree Whether you are a student of physical therapy, a physical therapist entering the acute care environment, or an experienced acute care physical therapist, Physical Therapy in Acute Care is the only resource for successful patient management you will need by your side.

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

benchmark physical therapy douglasville ga: Teaching and Learning in Physical Therapy Margaret Plack, Maryanne Driscoll, 2024-06-01 Teaching and Learning in Physical Therapy: From Classroom to Clinic, Second Edition is based on the teaching, research, and professional experiences of Drs. Margaret Plack and Maryanne Driscoll, who together have over 60 years of experience. More importantly it contains practical information that allows students, educators, and clinicians to develop optimal instructional strategies in a variety of settings. Clinical scenarios and reflective questions are interspersed throughout, providing opportunities for active learning, critical thinking, and immediate direct application. Grounded in current literature, the Second Edition is geared for physical therapists, physical therapist assistants, students, educators, and other health care professionals. By extending the principles of systematic effective instruction to facilitate critical thinking in the classroom and the clinic, and providing strategies to enhance communication and collaboration, the Second Edition has a strong theoretical basis in reflective practice, active learning strategies, and evidence-based instruction. Features: A user-friendly approach integrating theory and practical application throughout Classroom/clinical vignettes along with integrative problem solving activities and reflective questions to reinforce concepts Key points to remember and chapter summaries throughout Updated references and suggested readings at the end of each chapter Included with the text are online supplemental materials for faculty use 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.

benchmark physical therapy douglasville 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.

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Practice Dianne V. Jewell, 2008 Finally, a text designed specifically for physical therapists to facilitate evidence-based practice in both the classroom and in the clinic. Guide to Evidence-Based Physical Therapy Practice provides readers with the information and tools needed to appreciate the philosophy, history, and value of evidence-based practice, understand what constitutes evidence, search efficiently for applicable evidence in the literature, evaluate the findings in the literature, and integrate the evidence with clinical judgement and individual patient preferences and values. This unique handbook combines the best elements of multiple texts into a single accessible guide. Divided into four sections that break down the research process, this user-friendly text also includes key terms, learning objectives, exercises, diagrams, worksheets, and useful appendices. This text is perfect for both physical therapists and students!

benchmark physical therapy douglasville 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.

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benchmark physical therapy douglasville 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 douglasville ga: 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.

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understand behavior due to cultural differences. Numerous learning aides such as - chapter outlines, key terms, learning objectives, questions to ask, boxes, tables, summaries and up to date references, suggested readings and review questions - enable learning retention. The latest information on current trends in health care and the profession of physical therapy keeps readers current on the latest issues. NEW! Full color design and images make the text more visually appealing. NEW! Updated content keeps readers in the know on the latest practices and procedures. NEW! Updated photos throughout depict the content that is current and applicable to today's practicing PT or PTA.

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benchmark physical therapy douglasville 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 douglasville ga: Guide to Physical Therapist Practice American Physical Therapy Association, 2003

benchmark physical therapy douglasville ga: 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.

benchmark physical therapy douglasville ga: 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 douglasville ga: Manual Physical Therapy of the Spine Kenneth A. Olson, 2008-10-15 This is a Pageburst digital textbook; A hands-on, how-to approach helps you learn techniques and clinical problem-solving skills for treating spine and TMJ disorders! Written by a well-known authority on the subject of spinal manipulation in physical therapy, this book provides the information you need to make sound decisions during clinical interventions. An evidence-based impairment classification approach helps you provide the best outcomes for your patients. A companion DVD includes video clips demonstrating spinal examination and manipulation procedures. Specifically for physical therapists dedicated to spinal manipulation! Complete coverage meets the core curriculum needs of physical therapy students, and provides an excellent self-study tool for clinicians wanting to enhance their practice. Detailed information on treatment strategies and techniques includes evidence-based coverage of the examination and treatment of spine and TMJ disorders, with an emphasis on integration of manipulation and therapeutic exercise. A framework for completing a comprehensive exam includes medical screening, patient interview, disability assessment, and tests and measures, along with an evaluation of the examination findings and the principles involved in arriving at a diagnosis and plan of care. Narrated video clips on a companion DVD include step-by-step instructions of each procedure, plus a unique 3-dimensional perspective of over 80 spinal manipulations and procedures (frontal, lateral, and cranial views). A

DVD icon in the book links the text discussion to the DVD. Case studies demonstrate the clinical reasoning used in manual physical therapy. Guide to Physical Therapist Practice terminology is used throughout the book, making the content easier to understand and promoting conformity in terminology. Clear photographs show essential concepts and procedures from multiple angles, illustrating hand and body placement and direction of force. A clear, consistent format makes this a convenient reference in the clinical setting. Lay-flat binding allows the text to lay open for ease of use.

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