# benchmark physical therapy dacula ga

benchmark physical therapy dacula ga stands as a leading provider of rehabilitative services in the Dacula, Georgia area, dedicated to improving patient mobility and quality of life. This facility combines expert clinical knowledge with personalized treatment plans to address a wide range of musculoskeletal and neurological conditions. Whether recovering from surgery, managing chronic pain, or seeking to enhance athletic performance, Benchmark Physical Therapy in Dacula GA offers comprehensive care tailored to individual needs. This article explores the various services provided, the qualifications of the therapy team, patient benefits, and what distinguishes this clinic in the competitive healthcare landscape. Additionally, it will cover how Benchmark Physical Therapy integrates advanced techniques and evidence-based practices to deliver optimal outcomes for its patients.

- Overview of Benchmark Physical Therapy Dacula GA
- Services Offered at Benchmark Physical Therapy
- Qualified and Experienced Therapy Team
- Patient-Centered Care and Treatment Approach
- Advanced Techniques and Equipment
- Benefits of Choosing Benchmark Physical Therapy
- Insurance and Accessibility

# Overview of Benchmark Physical Therapy Dacula GA

Benchmark Physical Therapy Dacula GA is a reputable clinic specializing in physical rehabilitation services designed to restore function, reduce pain, and promote healing. Located conveniently in Dacula, this facility serves a broad demographic, including athletes, older adults, and individuals recovering from injury or surgery. The clinic emphasizes a holistic approach, combining manual therapy, exercise, and patient education to foster long-term wellness. With a focus on evidence-based practice, Benchmark Physical Therapy ensures treatment plans are both effective and tailored to patient-specific goals.

## **Services Offered at Benchmark Physical Therapy**

Benchmark Physical Therapy provides a wide range of specialized services to meet diverse patient needs. The clinic's offerings encompass assessment, diagnosis, treatment, and rehabilitation for various conditions.

#### **Orthopedic Rehabilitation**

This service focuses on musculoskeletal injuries such as fractures, sprains, strains, and post-surgical recovery. Patients benefit from targeted exercises and manual therapies designed to restore strength and mobility.

### **Sports Injury Therapy**

Benchmark Physical Therapy caters to athletes requiring injury prevention, performance enhancement, or recovery support. Customized programs incorporate functional training and sport-specific conditioning.

#### **Neurological Rehabilitation**

Patients with neurological conditions such as stroke, Parkinson's disease, or multiple sclerosis receive specialized care aimed at improving coordination, balance, and motor skills.

## **Pain Management**

Chronic pain sufferers are provided with multidisciplinary strategies including therapeutic modalities, manual therapy, and education to manage and alleviate discomfort.

#### **Post-Surgical Rehabilitation**

Following surgeries such as joint replacements or ligament repairs, physical therapy at Benchmark facilitates safe and effective recovery by focusing on restoring range of motion and strength.

- Comprehensive initial assessments
- Personalized treatment plans
- Hands-on manual therapy techniques
- Therapeutic exercise programs
- Patient education and home exercise guidance

## **Qualified and Experienced Therapy Team**

Benchmark Physical Therapy Dacula GA is staffed by licensed, highly trained physical therapists who bring extensive clinical expertise to patient care. The team maintains up-to-date certifications and participates in ongoing professional development to incorporate the latest advancements in physical therapy. Their compassionate approach ensures patients receive attentive, individualized treatment with a focus on measurable progress. Collaboration among therapists, physicians, and other healthcare providers enhances the comprehensiveness of care delivered.

## **Patient-Centered Care and Treatment Approach**

The hallmark of Benchmark Physical Therapy is its commitment to patient-centered care. Every treatment plan is developed after thorough evaluation, considering the patient's medical history, lifestyle, and health goals. Therapists prioritize active patient participation, empowering individuals through education and self-management techniques. This approach not only addresses current impairments but also promotes long-term functional independence.

#### **Personalized Goal Setting**

Therapists work closely with patients to set realistic and meaningful goals, which serve as benchmarks for tracking recovery and motivating adherence to therapy.

#### **Education and Empowerment**

Patients receive detailed information on their condition, treatment rationale, and preventive strategies to reduce the risk of future injuries.

#### **Regular Progress Assessments**

Ongoing evaluations ensure that treatment plans are adjusted as needed to maximize effectiveness and address any emerging concerns promptly.

# **Advanced Techniques and Equipment**

Benchmark Physical Therapy Dacula GA employs state-of-the-art technology and modern therapeutic techniques to enhance treatment outcomes. The facility is equipped with modalities such as ultrasound, electrical stimulation, and traction devices to complement manual therapy and exercise interventions.

#### **Manual Therapy**

Skilled hands-on techniques help improve joint mobility, reduce muscle tension, and alleviate pain.

#### **Therapeutic Exercise**

Structured exercise programs target strength, flexibility, endurance, and functional movement patterns.

#### **Modalities and Therapeutic Tools**

Use of electrical stimulation, cold laser therapy, and other modalities supports tissue healing and pain relief.

### **Gait and Balance Training**

Specialized equipment assists patients in restoring proper walking mechanics and preventing falls.

# **Benefits of Choosing Benchmark Physical Therapy**

Patients selecting Benchmark Physical Therapy in Dacula GA can expect numerous advantages that contribute to successful rehabilitation and improved health outcomes.

- Comprehensive, individualized treatment plans based on latest clinical evidence
- Experienced therapists committed to compassionate, patient-focused care
- Convenient local access with flexible scheduling options
- State-of-the-art therapeutic equipment and techniques
- Collaborative approach integrating multidisciplinary healthcare professionals
- Focus on education and prevention to support long-term health

## **Insurance and Accessibility**

Benchmark Physical Therapy Dacula GA accepts a variety of insurance providers, making high-quality rehabilitation accessible to a broad patient population. The clinic offers

transparent billing practices and assists patients with insurance verification and authorization processes. Furthermore, the facility is designed to accommodate patients with mobility challenges, ensuring a comfortable and supportive environment for all individuals seeking physical therapy services.

## **Frequently Asked Questions**

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

Benchmark Physical Therapy in Dacula, GA offers a range of services including orthopedic rehabilitation, sports injury treatment, post-surgical rehab, manual therapy, and personalized exercise programs to aid recovery and improve mobility.

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

You can book an appointment at Benchmark Physical Therapy in Dacula, GA by calling their clinic directly, visiting their website to use an online booking system, or stopping by their office in person.

# Does Benchmark Physical Therapy in Dacula, GA accept insurance?

Yes, Benchmark Physical Therapy in Dacula, GA accepts most major insurance plans. It is recommended to contact their office directly to confirm if your specific insurance is accepted.

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

Benchmark Physical Therapy in Dacula, GA typically operates Monday through Friday with hours from 8:00 AM to 6:00 PM. However, it's best to check their website or call the clinic for the most current hours.

# Are the physical therapists at Benchmark Physical Therapy in Dacula, GA licensed and experienced?

Yes, the physical therapists at Benchmark Physical Therapy in Dacula, GA are fully licensed professionals with extensive experience in treating various musculoskeletal and sports-related conditions.

### What conditions can Benchmark Physical Therapy in

#### Dacula, GA treat?

Benchmark Physical Therapy in Dacula, GA treats conditions such as back and neck pain, sports injuries, arthritis, post-operative rehabilitation, neurological disorders, and chronic pain conditions.

# Does Benchmark Physical Therapy in Dacula, GA offer sports injury rehabilitation?

Yes, Benchmark Physical Therapy in Dacula, GA specializes in sports injury rehabilitation, providing tailored treatment plans to help athletes recover and return to their sport safely and efficiently.

# Can Benchmark Physical Therapy in Dacula, GA help with post-surgical recovery?

Absolutely, Benchmark Physical Therapy in Dacula, GA offers comprehensive post-surgical rehabilitation programs designed to restore strength, mobility, and function after surgery.

# Is there parking available at Benchmark Physical Therapy in Dacula, GA?

Yes, Benchmark Physical Therapy in Dacula, GA provides convenient parking options for patients, ensuring easy access to their facility.

# What makes Benchmark Physical Therapy in Dacula, GA different from other clinics?

Benchmark Physical Therapy in Dacula, GA stands out due to its personalized treatment plans, experienced staff, state-of-the-art equipment, and a patient-centered approach that focuses on achieving the best possible outcomes for each individual.

#### **Additional Resources**

- 1. Comprehensive Guide to Physical Therapy in Dacula, GA
  This book offers an in-depth overview of physical therapy practices specific to the Dacula,
  Georgia region. It covers local clinic profiles, treatment methodologies, and patient success
  stories. Readers will gain insights into how community demographics influence therapy
  approaches and outcomes.
- 2. Benchmark Physical Therapy: Techniques and Treatments
  Focusing on the renowned Benchmark Physical Therapy clinic in Dacula, this book explores their innovative treatment techniques and patient care strategies. It includes case studies and expert commentary from the clinic's leading therapists. A valuable resource for practitioners and patients alike.
- 3. Rehabilitation Strategies in Dacula: A Physical Therapy Perspective

This title delves into rehabilitation methods used by physical therapists in Dacula, emphasizing tailored programs for injury recovery. It discusses common musculoskeletal issues in the area and how local therapists address them. The book also highlights emerging trends in rehab technology.

- 4. Patient-Centered Care at Benchmark Physical Therapy Dacula
  Highlighting the patient experience, this book details how Benchmark Physical Therapy
  prioritizes individualized care plans. It shares testimonials and outlines the clinic's approach
  to improving mobility and reducing pain. The focus is on building trust and long-term
  wellness.
- 5. Physical Therapy for Sports Injuries in Dacula, GA
  Sports enthusiasts and athletes will find this book essential for understanding injury prevention and recovery in the Dacula area. It reviews common sports injuries treated by local therapists and the specialized programs offered by Benchmark Physical Therapy. The book also includes tips for maintaining peak physical condition.
- 6. Innovations in Physical Therapy: Spotlight on Benchmark Dacula
  This book examines cutting-edge technologies and treatment innovations implemented at
  Benchmark Physical Therapy in Dacula. From advanced diagnostic tools to therapeutic
  equipment, it showcases how technology is transforming patient outcomes. The book is
  ideal for professionals seeking to stay updated on industry advancements.
- 7. Chronic Pain Management through Physical Therapy in Dacula Focusing on chronic pain, this book discusses effective physical therapy interventions practiced in Dacula clinics including Benchmark. It offers strategies for managing conditions like arthritis and fibromyalgia through exercise and manual therapy. Patient stories illustrate the impact of consistent treatment.
- 8. Physical Therapy Career Paths: Opportunities in Dacula, GA
  For those interested in pursuing a career in physical therapy, this guide provides an overview of educational requirements, job prospects, and professional growth in the Dacula area. It features interviews with local therapists and insights into working at Benchmark Physical Therapy. The book is a practical roadmap for future practitioners.
- 9. Holistic Approaches to Physical Therapy at Benchmark Dacula
  This book explores the integration of holistic health practices within physical therapy
  programs at Benchmark in Dacula. It covers nutrition, mental health, and complementary
  therapies that support physical rehabilitation. The holistic approach aims to enhance overall
  patient well-being and recovery success.

## **Benchmark Physical Therapy Dacula Ga**

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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.

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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.

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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.

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Margaret M. Plack, Maryanne Driscoll, 2017 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 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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**Practice** Dianne V. Jewell, 2007-07-20 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!

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The information in this book will make a difference in your career and in the PT profession as a whole, will you?

benchmark physical therapy dacula 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 demonstrates 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 dacula ga: Effective Documentation for Physical Therapy Professionals, Second Edition Eric Shamus, Debra F. Stern, 2011-05-09 Comprehensive textbook for the documentation material required in all Physical Therapy programs. Physical Therapy is one of the fastest growing professions in the US; if they want to get paid by third parties, they need to have a solid understanding of documentation. This book covers every aspect of documentation including reimbursement and billing, coding, legal issues, PT and PTA communication, as well as utilization review and quality assurance. Market / Audience Primary market are the 30,000 PT students based in the US, attending 210 programs. Secondary market: 155,000 clinicians currently practicing. The primary market for this book, students, has grown by 33% since 2003, when the first edition was published. About the Book From exercise prescriptions to patient evaluations, insurance forms, billing, and much more—Effective Documentation for Physical Therapy Professionals is your best choice for learning when, what, and how to document. Included are every essential aspect of documentation and many sample documents. The easy-to-follow format gives you the professional guidelines, codes, and methodology you need to provide expert documentation. Key Selling Features Includes all aspects of documentation including reimbursement and billing, coding, legal issues, PT-PT and PT-PTA communication, and utilization review/quality assurance. Sample documentation content, forms, exercises and questions are provided as appropriate. Uses current APTA terminology and all pertinent professional association regulations. Includes SOAP guidelines and examples as well as standardized forms and assessment tools The most up-to-date, comprehensive documentation book for Physical Therapy students and practitioners on the market. Contains plenty of examples and exercises to provide practical knowledge to users of the text. Author Profiles Eric Shamus, DPT, PhD, CSCS has taught national and international continuing education courses on Orthopeadics, Sports Medicine, and Manual Therapy, with a focus on documentation and reimbursement. He is presently a professor at Florida Gulf Coast University and works at an outpatient orthopedic facility in Fort Lauderdale. Debra F. Stern, PT, MSM, DBA is an Associate Professor at Nova Southeastern University in Fort Lauderdale, FL. She serves as a clinical instructor with a focus on geriatrics, neuromuscular disorders, and also coordinates service learning experiences for the school's PT department. She received her BS in Physical Therapy from SUNY Buffalo, her MSM from Rollins College, and her DBAS at Nova Southeastern.

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