



BENCHMARK REHABILITATION

101

Typical Visit

- Before beginning treatment, we may suggest you should stretch your neck and low back. If the providers suggest, you may try it on our Power Plates for an even deeper stretch!
- Physical Therapy first can warm up the body and ready the muscles for spinal traction. Your adjustment paired with heat and massage will help improve outcomes and decrease your pain. We may direct you to start in any area, however if you have a preference, let us know. Order only matters in certain cases.
- We may recommend that you complete your daily treatment with ice to prevent pain and inflammation. Limit to 20 minutes at a time.

Care Plans

- A care plan is the planned number of visits recommended by your Providers. We offer many custom plans based on this recommendation, or to more comfortably fit your budget. See our front desk for current specials or if you need to extend your care.

Reassessments

- Our Physical Therapist will perform a re-evaluation every 12 visits (exception is Medicare every 10) with your digital strength and range of motion testing. After 24 visits, a provider will do an examination to compare to your initial diagnostic findings. This will allow us to tailor your custom treatment and make any new recommendations or changes to your care plan.