



Northern Rehab PT Newsletter

Freedom to Move - We work for you and the doctor of your choice!

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Lincoln Hwy.
815.756.2369

Genoa
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Rochelle
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www.northernrehabpt.com

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Voted Best Physical Therapists Five years in a row! And voted Best Massage Therapy in 2015 and 2016! Thank you for choosing us!

This was recently shared with us:

"Todd was highly recommended and it was easy to understand why. His is very knowledgeable about what he does. I had total confidence that he would help me recover from my surgery! It was a pleasure working with him and would (and have) recommended him and Northern Rehab!"

~ JT A.

Follow Northern Rehab:



Kristin Christian Receives ImPACT Concussion Certification

Northern Rehab's Physical Therapist Kristin Christian completed a series of continuing education courses to become a Certified ImPACT (Immediate Post-Concussion Assessment and Cognitive Test) credentialed Physical Therapist.

ImPACT is the most widely used computerized neurocognitive test for concussions. This test is completed to establish a baseline score of brain function for students at many local high schools including DeKalb, Sycamore and Genoa. The ImPACT test is also used post-injury to assist in assessment and diagnosis of concussion, to help establish an effective treatment plan, to measure progress following treatments, and to assure the athlete is ready to return to sport.

A concussion is a mild form of traumatic brain injury (TBI) caused by sudden or violent movement such as whiplash or a blow, jolt, or jarring to the head or neck. The most common causes of concussions are sports injuries, car, work and playground accidents, and falls. Physical therapists can evaluate and treat many concussion problems to help alleviate symptoms and restore health and the ability to return to regular activities.

Kristin is Board Certified in Orthopaedic Physical Therapy and in addition to her ImPACT certification has experience with vestibular (dizziness) rehab, manual therapy, and a multi-disciplinary approach to rehabilitation. Her primary clinical interests include the evaluation and treatment of neck and back pain, vestibular and balance disorders, and industrial rehabilitation. Kristin works in our DeKalb Lincoln Highway location and is accepting new patients. Please call us at 815.756.2369 for more information or to schedule an appointment with Kristin.



Complimentary Screening Exam

Are you experiencing aches and pains, a recent injury, or have an injury that is not getting better? Our experienced team at Northern Rehab can help you get back to work and your activities. Our physical therapists will provide a complimentary 30-minute assessment upon request to determine if physical therapy would be appropriate to treat your condition. A complimentary assessment requires an appointment; please call us at 815.756.8524 to schedule a convenient time for you at any of our 4 locations in DeKalb, Genoa or Rochelle.

GKHS Scholarship

We are pleased to announce scholarship applications are now being accepted for the annual Genoa-Kingston High School Health & Sports Scholarship. This scholarship is awarded to Genoa-Kingston High School Seniors that participate in at least one sport and plan to enter a career in the medical field. Applications are now available at the High School Counselors Office; completed applications are to be submitted to the Counselors Office by April 3.

The Scholarship recipient will be announced and awarded the scholarship at the 2017 Senior Night.

See Us at the Genoa Expo

Stop by and see us at the annual

Genoa Home & Business Expo
Saturday, March 4
Genoa-Kingston High School
10:00 am—3:00 pm

This is a great community family-fun event! Speak to one of our physical therapists, learn about how physical therapy can help you and about our various programs, and enter our raffle to win a prize!

Hope to see you there!