



# Northern Rehab PT Newsletter

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

Resource Pkwy.  
815.756.8524

Lincoln Hwy.  
815.756.2369

Genoa  
815.784.6417

Rochelle  
815.562.3299

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:

“Northern Rehab’s staff was genuine, friendly, and knowledgeable. I was also able to get appointment times that were convenient for me.”

~ Anne H.

Are you or someone you know experiencing aches and pains, a recent injury, or have an injury that is not getting better? Our experienced team 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.

For more information, visit our Complimentary Screening section under our Services tab on our website at: [northernrehabpt.com](http://northernrehabpt.com)

## October is National Physical Therapy Month!

Each October, National Physical Therapy Month is celebrated! This month-long celebration is to raise awareness of how physical therapists help to improve the quality of life by restoring and improving your ability to function. Here, at Northern Rehab, we work with you to restore your freedom to move.

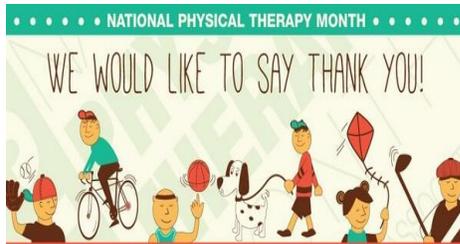
Physical therapists are experts trained in the evaluation and treatment of muscle, joint, and nerve dysfunction. We are trained specifically to improve movement and function, relieve pain, and expand movement potential. Physical therapy is often the treatment of choice in situations where pain impairs function, in recovering from an injury or surgery, and in recovering from a disease or illness. Physical therapists also teach adaptive and physical coping skills in dealing with impaired function from a disease, injury or illness.

At Northern Rehab our team of skilled therapists specialize in the thorough evaluation of sports injuries and orthopedic problems. Our specialized care includes: specialized hands-on



treatment, injury assessment & rehabilitation, individual conditioning programs, custom orthotics, educational and wellness programs.

Northern Rehab Physical Therapy Specialists is a physical therapist owned and operated practice dedicated to providing clients with the very best customized care. Once a physician orders physical therapy, individuals can choose where to go for their physical therapy care, and the staff at Northern Rehab works to assure that choosing Northern Rehab is the right choice.



We'd like to take this opportunity to show our appreciation and thank our patients and friends for trusting us with your rehabilitation needs. Each time you visit any of our clinics, fill out a raffle entry for your chance to win a Northern Rehab sweatshirt! (Drawn Nov.1) We are also hosting Patient Appreciation Days each Friday in the month of October! Stop in for a token of our appreciation!

## Thank You!

Thank you to everyone that participated and supported the 3rd annual **Walk & Roll for Mobility** fundraiser for the Voluntary Action Center! The event was a huge success and we were pleased to see so many friends and families come out and walk with us! It was our largest attendance to date! You can view more photos from the event on our Facebook page!



Follow Northern Rehab:



Americans are saving and sharing prescription opioids at alarming rates. There are safer ways to manage pain. **#ChoosePT** MoveForwardPT.com

**Choose PT First!**

Prescription opioid deaths have quadrupled since 1999. Ask a physical therapist about safer ways to manage pain. **#ChoosePT** MoveForwardPT.com