

General Information

WHAT IS THE COST?

The cost for the Strength and Stability class is \$60.00 for 10 sessions. This class runs as a 5-week session, and sessions run continuously throughout the year. You can sign-up at any time; the session rate can be prorated.

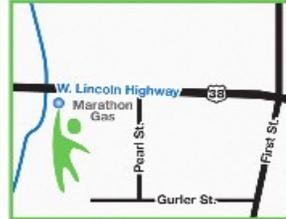
HOW TO REGISTER:

Contact Northern Rehab and ask to join the next class. Classes are offered at two locations with various days and times—you choose where it is most convenient for you! Space is limited and classes fill up quickly. Public enrollment begins 3 weeks prior to the new session date. Please call 815.756.8524 to check availability or to ask further questions.



DeKalb

3266 Sycamore Rd.
DeKalb, IL 60115
Located by Prairie Eye Care
and the UPS Store
Phone 815-756-8524
Fax 815-756-1841



DeKalb

232 West Lincoln Hwy.
DeKalb, IL 60115
Located between the Kishwaukee
River and Hickey's Marathon
Phone 815-756-2369



Rochelle

1211 Currency Ct.
Rochelle, IL 61068
Holcomb Bank Professional Park
Located between Dunkin' Donuts
and Holcomb Bank
Phone 815-562-3299



Genoa

540 East Main St.
Genoa, IL 60135
Genoa Shopping Center
At the corner of Routes 23 & 72,
across from McDonald's
Phone 815-784-6417



Sandwich

523 East Railroad St.
Sandwich, IL 60548
Located by Rosati's Pizza
and the Fire Station
Phone 815-786-1888

northernrehabpt.com



Voted Best Physical Therapists 7 consecutive years!
Best Massage Therapy 4 years in a row!



Strength & Stability Class



**Classes designed for older adults and
those seeking improvement
in their daily functioning**

northernrehabpt.com

815-756-8524

Strength and Stability Classes

HOW DO WE BALANCE?

The human body relies on three systems for balance: vestibular, vision, and proprioception. The vestibular system is the network of the inner ear that allows your body to sense upright posture and movement. Proprioception involves joint receptors telling your brain where your body is in space. Visual cues in your environment also allow you to balance in the ever changing surroundings.

WHAT CAUSES BALANCE AND STRENGTH DECLINE?

In general, as people age, their balance and strength diminishes. Older individuals rely further on their vision for balance than their other two systems. Their reaction time slows naturally, too. As a result, the ability to react to and change direction based on the environment slows down, making falls more likely to occur.

WHAT DO OUR CLASSES ENTAIL?

Each session is a five week class, meeting two times a week. Sessions run continuously throughout the year. Northern Rehab provides strengthening, balance, and endurance activities, all in a fun, friendly atmosphere!

STRENGTH AND STABILITY CLASS:

Strength and Stability focuses on balance activities as well as muscle strengthening, core stability, and flexibility.

Strength and Stability is offered at three different locations with various days and times:

- **Main Clinic** at 3266 Sycamore Road in DeKalb meets:

Mon./Wed 12:00 noon - 1:00 pm
OR
Tues./Thurs. 12:00 noon—1:00 pm
OR
Tues./Thurs. 1:00 pm—2:00 pm
- **Genoa Clinic** at 540 E. Main Street in Genoa meets:

Tues./Thurs. 12:00 noon—1:00 pm
- **Sandwich Clinic** at 523 E. Railroad Street in Sandwich meets:

Tues./Thurs. 12:30 noon—1:30 pm



PARTICIPANTS

This class is intended for anyone hoping to improve their balance, coordination, strength, and over all well being. Individuals must be comfortable exercising in a group setting and be able to stand alone without a cane or walker.

NORTHERN REHAB:

Northern Rehab Physical Therapy Specialists, voted DeKalb County's Best Physical Therapists for 6 years in a row, was established over 40 years ago and has continually grown to meet increasing patient needs. Today, Northern Rehab's diverse team of clinically skilled physical therapists provide a wide range of wellness and educational services for the communities we serve.

Our team of caring professionals strive to help you improve your balance and strength while increasing your overall function.

