



Northern Rehab PT Newsletter

You have a choice where you can go for physical therapy.
Thank you for choosing Northern Rehab!

Sycamore Rd.
815.756.8524

Lincoln Hwy.
815.756.2369

Genoa
815.784.6417

Rochelle
815.562.3299

Sandwich
815.786.1888

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Recent Study on PT for Neck Pain



In a recent study published by *BMC Health Services Research*, researchers studied health care utilization for neck pain over a 1 year period. They tracked when patients consulted with a physical therapist, rates of spinal injection, opioid prescription, imaging such as MRI, x-ray, and overall cost. It was found that those individuals who consulted a physical therapist within 14 days of onset of neck pain had lower rates of spinal injection, opioid prescription,

imaging, and less overall cost. Researchers found that only 15.1% of patients had a consult with a physical therapist over the entire 1 year period. This is unfortunate considering research shows that physical therapy can have a positive impact on neck pain, especially when treated early.

Current trends in how neck pain is treated are not only costly for the patient and the payers. The findings from this study suggest that consulting with a physical therapist early in the episode of care, leads to more favorable outcomes for the patient and less overall cost. Physical therapists are specialized in evaluating and treating musculoskeletal impairments. Treatments are individualized to the patient, taking into account personal goals and medical history, as well as the physical therapist's assessment. Therapists work closely with physicians and other healthcare professionals in order to reach optimum results for the patient.

Choose physical therapy first to eliminate pain, optimize your function, and be one step closer to living pain free. The Northern Rehab Physical Therapists provide hands-on care combined with specific corrective therapeutic exercises that will correct physical impairments to allow a healthier, more active daily life. Illinois law no longer requires a physician prescription to receive physical therapy, but certain insurance companies may still require a physician's referral for physical therapy. The friendly staff at Northern Rehab is happy to assist patients in understanding their insurance benefits and requirements related to physical therapy. Please call us at 815.756.8524 with any questions on how we can help you feel better or to make an appointment.

Authored by Andrea Carter, PT, DPT, of Northern Rehab Physical Therapy Specialists

Strength & Stability Class



Did you make a New Year's Resolution to improve your balance, coordination and flexibility? Consider joining our Strength & Stability Class! It is offered twice a week with various days and times at our DeKalb Sycamore Road, Genoa, and Sandwich clinics. Classes run for a 5-week session and include 10 classes; the next session begins the week of January 7, 2019. Cost is \$60 for the 5-week session. Each class has limited space available. For more information or to check availability and register please contact us at 815-756-8524.



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

Thank you for choosing us!

#CHOOSENORTHERNREHABFIRST

"The physical therapists and staff were always polite, helpful and considerate, and they all conducted themselves in a professional manner. I am very satisfied with the physical therapy that I received from Northern Rehab and it definitely has helped me!

~ Doris A.

Please be sure to advise our front office staff if you have any insurance card or benefit changes for the new year.

northernrehabpt.com



HAPPY NEW YEAR!

All of us at Northern Rehab wish health, happiness, peace and prosperity to you and your family in 2019!

