



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

Volume 13, Issue 5

March 1, 2019

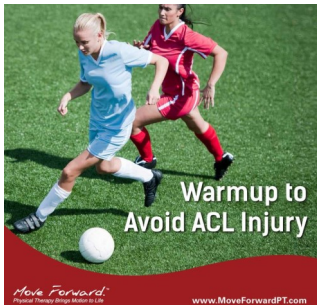
Is Knee Surgery Necessary?

Approximately 25% of people older than 50 will experience knee pain from degenerative knee disease. Degenerative knee disease is an inclusive term that describes patients with knee pain who are over 35 years old, have imaging evidence of osteoarthritis/meniscus tears, and/or mechanical symptoms (clicking or locking).

Is knee surgery necessary? Read the full article written by our own Brandon Clement, PT, DPT, OCS on our blog on our website at northernrehabpt.com.



Warm Up Exercises Reduce ACL Injuries



Simple warmup exercises might be enough to prevent one of the most common serious knee injuries suffered by youth athletes, especially females.

A study published in The American Journal of Sports Medicine concluded that neuromuscular control exercise programs appear to reduce the risk of anterior cruciate ligament (ACL) injuries in female college soccer players. More than 1,400 athletes from 61 National Collegiate Athletic Association Division I women's soccer teams participated in the study, and were divided into 2 groups. The overall ACL injury rate was 1.7 times less, and the noncontact ACL injury rate was 3.3 times less, in the athletes who performed specific intervention exercises 3 times a week during their fall season than in their peers who did not.

The beneficial neuromuscular warmup exercise programs included stretching, strengthening, plyometrics, and agilities to address potential deficits in the strength and coordination of the stabilizing muscles around the knee joint. Be sure to include these warmup exercises to help avoid injury!

Article from MoveForwardPT.com

Northern Rehab Health & Sports Scholarships—Genoa and Rochelle High Schools

We are pleased to announce scholarship applications are now being accepted for the annual Genoa-Kingston High School Health & Sports Scholarship and the annual Rochelle Township High School Health & Sports Scholarship. These scholarships are awarded to Genoa-Kingston High School Seniors and Rochelle Township High School Seniors that participate in at least one sport and plan to enter a career in the healthcare/sports medicine field.



For more information and to download an application, please visit our website.

Find Us at the Genoa Home & Business Expo

Stop by and see us at the annual Genoa Home & Business Expo on Saturday, March 9 from 10:00 am - 3:00 pm at the Genoa-Kingston High School. Visit our booth to speak to our PTs, enjoy a complimentary chair massage, enter to win our raffle, and pick up some fun promotional items. It's a great community event and fun for all ages. We hope you'll stop by the Northern Rehab booth to see us!

