



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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Shoulder Dislocation - Treatment After Surgery

Dislocations are among the most common traumatic injuries affecting the shoulder. Because the shoulder is the most mobile joint in the body and has such a wide range of motion, it is the joint most likely to dislocate. A dislocation is the separation of 2 bones where they meet at a joint. Athletes, non-athletes, children, and adults can all dislocate their shoulders. Dislocations can occur during contact sports and everyday accidents, such as falls. Depending on the severity of your injury, your age, and your activity level, surgery may be needed to address the damage to the shoulder when it dislocates. Please see the Physical Therapist's Guide to Shoulder Dislocation for more details about the injury and rehabilitation, if surgery is not required.

To view the full article and guide on how physical therapy helps individuals restore movement, strength, and function following surgery for a dislocated shoulder, please visit: www.moveforwardpt.com/SymptomsConditionsDetail.aspx?cid=4424aed5-422e-4243-b02f-451eb67e4983

Article from MoveForwardPT.com

8 Tips to Prevent Shin Splints



Shin splints, also known as medial tibial stress syndrome (MTSS), is a term used to describe symptoms of pain in the front of your lower leg and at times along the inside of the lower leg, next to the shin bone (tibia). It occurs when too much stress is put on the tibia or when the muscle next to the tibia is overworked. It most commonly happens from high-energy exercise or sports that involves running and jumping, and at the beginning of a sports or training program.

Thankfully, shin splints can often be treated effectively, and, with proper progression of exercise program, prevented if seen before beginning an exercise program. To view the full article and read about some simple steps that you can take on your own at: <https://www.moveforwardpt.com/Resources/Detail/8-tips-to-prevent-shin-splints>

Article from MoveForwardPT.com

Northern Rehab Health & Sports Scholarship—Genoa - Kingston High Schools

We continue to accept applications for our Genoa-Kingston High School Health & Sports Scholarship through April 5. These scholarships are awarded to Genoa-Kingston 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.



It's Expo Season!

Stop by and see us at the annual **Community Expo** hosted by the Sycamore and DeKalb Chambers on **Thursday, March 28 from 4:00 pm - 7:00 pm at the Sycamore High School Field House**. Visit our booth to speak to our PTs, 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!

Congratulations to our Genoa Expo Raffle Winners!

We were at the recent Genoa Home & Business Expo. Congratulations to our raffle winners Connie Peterson and Paul Swanson! They each won a Northern Rehab Hoodie! You can enter our raffle at the Community Expo for a chance to win one of our hoodies on March 28!

