



# 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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## Celebrating 2 Years at our DeKalb Sycamore Road Location



We're celebrating 2 years at our new DeKalb Sycamore Road location this week! We can't believe we've been here 2 years already, and we're looking forward to serving our community & helping you feel better for many, many more years to come! Thank you for choosing Northern Rehab!



## Andrea Carter Completes Functional Capacity Evaluations Training

Andrea Carter, lead Physical Therapist at Northern Rehab Physical Therapy Specialists Sandwich clinic, recently completed training to perform Functional Capacity Evaluations in occupational rehabilitation. If injured at the workplace, a Functional Capacity Evaluation (FCE) is an assessment that focuses on major physical tolerance abilities related to musculoskeletal strength, endurance, speed, and flexibility.



Read full article on our website at [www.northernrehabpt.com](http://www.northernrehabpt.com)

## Strength & Stability Classes

Have you tried our Strength & Stability Class yet? These classes focus on balance activities to improve balance, flexibility, strength, prevent falls, enhance energy levels, increase confidence of performing daily activities, and more. Participants can expect to have an interactive and fun workout experience! Our next session begins the week of April 1 (no foolin'!) and registration is still open with a few spots left in our classes held at our main office located at 3266 Sycamore Road in DeKalb. We offer a vari-



## Andrea Participates in Christmas In March with Tri-County Kiwanis

Recently our PT Andrea was a part of Christmas In March, an annual event hosted by the Tri-County Kiwanis Club. Andrea and other members from Kiwanis, the Aktion Club, and Open Doors went shopping for 20 families in need in the DeKalb, Kendall & LaSalle area. They purchased groceries & household needs, toys for the younger kids & Walmart gift cards for the older kids. Each family was presented 2 large baskets of goodies! What a great event helping to serve the children and families in our communities!

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

Just a few days left for GKHS students to submit their application for our Genoa-Kingston High School Health & Sports Scholarship. The deadline of April 5 is quickly approaching. 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!

If you are an NIU employee, student, faculty or staff member, stop by and see us at the annual **NIU Wellness Fair this Wednesday, April 3 from 10:00 am - 1:00 pm at the NIU Holmes Student Center**. Visit our booth to speak to our PTs, enter to win our raffle, and pick up some fun promotional items. We always enjoy being on campus and speaking to everyone at NIU! We hope you'll stop by the Northern Rehab booth to see us!

## Congratulations to our Community Expo Raffle Winners!

We were at the recent Community Expo in Sycamore. Congratulations to our raffle winners Dawn Swanner and April Eionler! They each won a Northern Rehab Hoodie!