



# 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

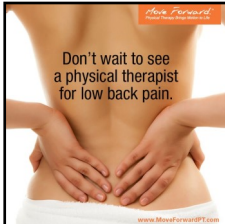
Rochelle  
815.562.3299

Sandwich  
815.786.1888

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## The Importance of Physical Therapy Treatment for Low Back Pain



Written by our own PT, **Ken Olson**, he discusses a series of articles recently published in the medical journal The Lancet that highlights the importance of self-management, physical and psychological therapies as first-line treatment for lower back pain. Lower back pain is the leading cause of disability worldwide and is a condition that is increasing rapidly.

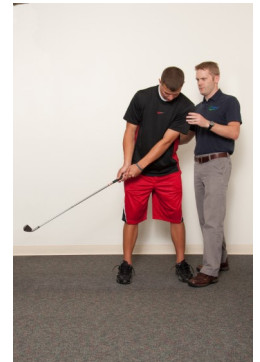
To read the full article, please visit our website at: <https://northernrehabpt.com/the-importance-of-physical-therapy-treatment-for-lower-back-pain/>

## Running and Golf Enhancement Programs



Did you know Northern Rehab offers Running and Golf Enhancement Programs to help maximize your efforts in running or your golf game? With spring trying to make an appearance, now is a great time to meet with our specialists, Aaron Nevdal or Melissa Payne Wagner, for a one-on-one evaluation to create an individualized program to help you improve running times or maximize your golf game. We even have gift certificates for these programs for a great Mother's or Father's Day gift!

For more information on these programs, visit our website at [northernrehabpt.com/how-we-can-help/special-programs](http://northernrehabpt.com/how-we-can-help/special-programs)



## Inaugural Live Healthy DeKalb County Get Active Week

We are really excited to have been invited to participate in the very first Get Active Week hosted and organized by Live Healthy DeKalb County and the Kishwaukee YMCA. Get active all week during May 17-26 with a variety of local businesses and organizational activities and programs. Northern Rehab will be providing 3 different presentations for our community for Get Active Week. Save the dates and join us for our events and watch for more information soon:

- Wed., May 22 - 6:30pm - At the Genoa Clinic: Runners Enhancement & Injury Prevention
- Wed., May 22 - 5:30pm - At the Sandwich Clinic: Body Mechanics at Work & Home-Gardening, Computer & Home Safety
- Thurs., May 23 - 7:00pm - At the DeKalb Sycamore Road Clinic: Golf Enhancement & Injury Prevention

## Gertrude the Sycamore Turkey Visits Northern Rehab



You've probably heard about the local celebrity turkey that has been making numerous appearances in Sycamore and parts of DeKalb. Recently named Gertrude, the Sycamore Turkey chose Northern Rehab and stopped by our DeKalb Sycamore Road clinic! We guess her joints were a bit stiff from the long winter! Gertrude is helping us remind the community you have a choice where to go for physical therapy - and we are very thankful that YOU chose Northern Rehab for your PT treatment!

## Congratulations to our Expo Raffle Winners

### Congratulations to our NIU Wellness Fair Expo Raffle Winners!

We were at the recent NIU Wellness Fair and enjoyed talking to NIU students, faculty and staff! Congratulations to our raffle winners Debra Miller and Justin Horner! They each won a Northern Rehab Hoodie!