



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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Thank You For Participating In Get Active Week!



We were excited to have participated in the very first Get Active Week in May organized by Live Healthy DeKalb County and the Kishwaukee Family YMCA. Thank you to everyone that came out and attended our various events to learn more about golf or running strategies and safety, gardening tips, how to properly sit at a computer desk, or tried our Strength & Stability Class. We hope attendees enjoyed the presentations and learned new ways to stay active!

How To Properly Sit At Your Computer Workstation

One of our topics of discussion during Get Active Week included the proper way to sit at a desk or your computer to minimize discomfort and risk of injury at home or the workplace. Are you taking all the proper precautions when working at your desk? Please take a moment to view our educational video posted on our website featuring PT Andrea Carter as she offers some valuable tips! <https://northernrehabpt.com/videos/>

Congratulations to Our Scholarship Recipients



Leea Perry with PT
Melissa Wagner

Northern Rehab is pleased to announce and present our annual 2019 Sports and Health Scholarship to Genoa-Kingston Senior Leea Perry and Rochelle Senior Katherine Bakken! Each year Northern Rehab acknowledges the sportsmanship, athletic and academic excellence, and competitive spirit at both Genoa-Kingston and Rochelle High Schools. We enjoy supporting our communities and their sports and academic accomplishments. Read more about these outstanding students on our website at: <https://northernrehabpt.com/news/>



Katherine Bakken with Mark Lovell

Hamstring Injuries

A hamstring strain is one of the most common injuries of the lower body, and particularly affects athletes participating in sports involving high-speed running, such as football, soccer, or track. However, anyone can suffer a hamstring strain. In most cases, hamstring strain injuries are successfully managed with physical therapy. This article from MoveForwardPT.com includes valuable information, diagnosis criteria, and treatment options: <https://www.moveforwardpt.com/symptomsconditionsdetail.aspx?cid=80e9658c-55f0-4225-814a-184a70e2a794>

