



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 10

May 16, 2019

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 activities and programs from local businesses and organizations. Northern Rehab will be providing 3 different presentations and a free trial in one of our Strength & Stability classes during the community 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
- Tues., May 21 OR Thurs., May 23 - 1:00pm - At the DeKalb Sycamore Road Clinic: Strength & Stability Class Free Trial (Limited space - Check at the front desk or call 815.756.8524 to reserve your spot.)



Be sure to view our flyers displayed in our clinics for more detailed information on each event and ask your PT or our front desk Staff. You may also visit our website!

Strength & Stability Classes

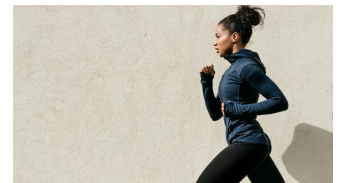


The next session of our Strength & Stability Classes begin this week! Participants may join at any time, and we have a few spots still available in some classes. Click the link below for all information, or give us a call at 815.756.8524 to reserve your spot.

In preparation of our upcoming Get Active Week presentations, please enjoy reading more about the topics of running, golf, and gardening below by visiting our website:

Four Running Injuries Physical Therapists Help Manage

There are numerous benefits to running, including improved cardiovascular, mental, and physical health, to name a few. Avid runners would love to live an injury-free life, but unfortunately running can be very hard on the body due to the repetitive impact of the activity. A physical therapist can work with you to prevent or manage common running-related injuries with personalized treatment plans. After making a diagnosis, a physical therapist can help their patients improve mobility, manage pain and other chronic conditions, recover from injury, and prevent future injury and chronic disease.



<https://www.moveforwardpt.com/resources/detail/top-4-running-injuries-physical-therapists-help-ma>



Physical Therapist's Guide to Golfer's Elbow

Medial epicondylitis (commonly called golfer's elbow or thrower's elbow) is a condition that develops when the tendons on the inside of the forearm become irritated, inflamed, and painful due to repetitive use of the hand, wrist, forearm and elbow. It is often diagnosed in people who perform repetitive motions, such as swinging a golf club or tennis racket, or activities requiring gripping, twisting, or throwing. Even using a computer or performing yard work can cause the condition. It is most common in men over the age of 35. A physical therapist can help decrease the pain caused by medial epicondylitis, and improve the affected elbow's motion, strength, and function.

<https://www.moveforwardpt.com/symptomsconditionsdetail.aspx?cid=52770090-d021-492e-bf0d-9a7ee70151fd>

Tips to Avoid Aches and Pains While Gardening

Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints.

<https://www.moveforwardpt.com/resources/detail/gardening>

