



# 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

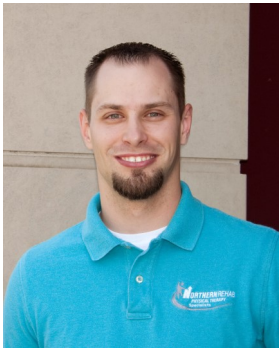
Rochelle  
815.562.3299

Sandwich  
815.786.1888

Volume 13, Issue 12

June 16, 2019

## Brandon Clement Now Lead Physical Therapist At Our Sandwich Clinic!



We're excited to announce Brandon Clement is now our lead physical therapist at our Sandwich clinic! Brandon has been part of the Northern Rehab team since 2008, beginning as a Physical Therapy Tech. He has been a physical therapist with us since 2013 after graduating from NIU with a Doctorate in Physical Therapy. In 2017, he became Board Certified as an Orthopedic Specialist (OCS) by the American Board of Physical Therapy Specialties and the American Physical Therapy Association.

Growing up in nearby Elburn and currently residing in Maple Park, Brandon appreciates being able to provide physical therapy in the community where he was raised and is accepting new patients at the Sandwich clinic. He also continues to treat current and new patients at our DeKalb Sycamore Road facility as well.

Read the full story on our website at: <https://northernrehabpt.com/brandon-clement-lead-pt-in-sandwich/>

## Welcome Back, Lauren!

We are excited to welcome back Lauren Momberger to Northern Rehab as a Physical Therapist! She'll be working at our DeKalb Sycamore Road and Genoa clinics. We're thrilled she chose to work here as a part of the Northern Rehab Team!



## Check Out Our Latest Educational Video by Todd Vanatta



Physical Therapist Todd Vanatta discusses some simple strategies and tips to decrease the strain to your knees when doing chores, repetitive bending, and activities in our Knee Protection Strategies video. You may watch it on our website at: <https://northernrehabpt.com/videos/> or on our YouTube channel at: <https://youtu.be/v2fxvKnH-Lw>

## Summer Heat Will Soon Arrive - That Means It's Time to Hit the Pool!

With hot summer weather hopefully arriving soon, that means we're looking forward to hanging out at the pool! While you're having fun relaxing in the water, it is also a great environment to incorporate some fun exercise! This article from MoveForwardPT.com provides some great information and tips for exercising in the pool!

Read on line at: <https://www.moveforwardpt.com/Resources/Detail/top-10-exercises-to-do-in-pool>

