



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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See a Physical Therapist
Without a Prescription!



Did You Know We Treat Musicians?!

Northern Rehab not only treats athletes, we treat musicians as well! Musicians have to be in top shape and excellent physical condition to perform and it's not uncommon for repetitive motion injuries to occur. Physical therapy can help you recover from repetitive strain and stress injuries and strengthen your body to remain injury free. It is important for musicians to get a regular tune up of their main instrument – the body – before minor issues become a major problem. Several of our Physical Therapists here at Northern Rehab are musicians themselves, so we fully understand the importance of getting back in tune and on stage for that important performance!

Ogle County Hosts 1st Reader's Choice Contest!!

We've been participating in the DeKalb County Reader's Choice Contest for years, and now Ogle County is holding a similar contest to vote for your favorite businesses in their county!

Our Rochelle clinic is participating in this inaugural contest! Many of you voted for us in June for DeKalb County; would our Rochelle fans please consider voting for us in this contest in the Physical Therapy section?

If you're voting for the first time, you may need to register, but is quick and simple and we really appreciate it! You can vote for us by typing your vote in the Physical Therapy category. You may vote once per day now through August 31. Feel free to share with your family and friends! We're thankful to the efforts and support of our community!

VOTE at: www.bestofoglecounty.com



Is Your Backpack Making the Grade?



We're not ready, but before you know it, students, teachers & faculty will be starting back to school! Many of us will return to our regular schedules as we head back to school, college, and work, it's important to remember some tips when shopping for a new backpack and the proper way to wear backpacks to avoid strain or injury. Visit our website at our Blog page to read the full article at:

<https://northernrehabpt.com/is-your-backpack-making-the-grade/>

Check Out Our Latest Educational Video

Did you know our PT Kristin Christian enjoys Barbershop singing? She also loves being a Physical Therapist at Northern Rehab! Listen to her lovely quartet as Kristin discusses her passion for singing, her background, and why she loves working with patients at our DeKalb Lincoln Highway clinic to help improve their path to wellness in our latest video!

Check out the full video on our Northern Rehab YouTube Channel here: <https://youtu.be/tYoJbcrlqJ8>

Strength & Stability Classes

The next session of our Strength & Stability Classes begin the week of August 5! This fun, circuit-style class is intended for anyone hoping to improve their balance, coordination, strength, flexibility, and overall well-being. Classes are held in two locations with various times. Ask at our front desk for more info and to register for the class!

Birthday Wishes!

We have several birthdays at Northern Rehab in August!! Happy Birthday to:

- Debbie in our Genoa clinic on August 5!
- Our awesome Office Manager, Amy, on August 7!
- Mark in our Rochelle clinic on August 8!
- PT Melissa Payne Wagner in our Genoa clinic on Aug.11!