



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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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 as follows:

Our DeKalb Sycamore Road Clinic offers two different meeting dates & times:
Monday/Wednesday from 12:00 noon – 1:00 pm OR
Tuesday/Thursday from 12:00 noon – 1:00 pm

Our Genoa Clinic offers meets on Tuesday/Thursday from 12:00 noon – 1:00 pm

For cost, registration, and more information please inquire at our front desk or visit our website at www.northernrehabpt.com



Voted Best Physical Therapists 8 Years Running!

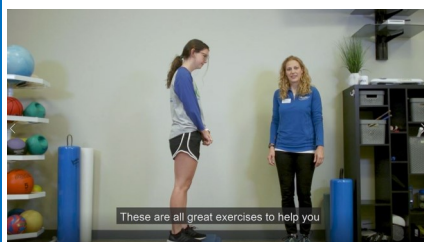


WOW! THANK YOU DeKalb County! Thank you to the Daily Chronicle and our wonderful community for voting and choosing Northern Rehab as BEST PHYSICAL THERAPISTS, BEST MASSAGE THERAPY, FRIENDLIEST STAFF and COOLEST PLACE TO WORK for 2019!!! We are honored, thankful, and couldn't be more excited to earn this title again for the 8th year in a row from YOU! We definitely have the "Best" patients and families around!!

See Us at the Senior Health Fair!

We're excited to be at the annual **Senior Health Fair** on **Thursday, July 25 from 9:00 am - 12:00 noon in the DeKalb High School Cafeteria**. It's free and full of great information about our community and things to offer our seniors. Be sure to stop by our table to speak to a PT, pick up some promotional items, and enter our raffle to win a fun gift basket!

Check Out Our Latest Educational Video



Do you ever find yourself sitting or waiting around, scrolling on your phone while waiting for someone? Whether you are a parent running kids to and from their activities, a caregiver taking loved ones to appointments, or standing in line while shopping, PT Melissa Payne Wagner offers 6 simple, low impact exercises you can do anywhere to help you remain active.

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

Choose Movement Over Bed Rest

Getting out of bed and moving can improve some of the downsides of bed rest, especially after a hospital stay. One of our physical therapist can help - just ask us how!

Read the full article on line at: <https://www.moveforwardpt.com/resources/detail/choose-movement-over-bed-rest-to-improve-result-of>