



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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Lauren Momberger Joins NR As A Physical Therapist

We're excited to announce Lauren Momberger, PT, DPT, has joined Northern Rehab as a Physical Therapist!

You may remember Lauren as one of our Physical Therapy Techs, as she worked with us from 2015 -2018 while attending NIU in the Physical Therapy program. Now she has completed her Doctorate Degree and exams, and is now a Physical Therapist at Northern Rehab!

Lauren will be treating patients in our Genoa and DeKalb Sycamore Road clinics. Welcome back Lauren!



Please Join Us At Our Patient Appreciation Ice Cream Socials!



Thurs., September 5
6:00—7:00 pm
MAIN CLINIC
3266 Sycamore Road, DeKalb

We're celebrating 1 year of Direct Access which means you can come directly to us for physical therapy treatment without a required prescription! We are so thankful you chose Northern Rehab and trust in us for your physical therapy needs!

We are celebrating you, our wonderful patients, with two upcoming Patient Appreciation Ice Cream Socials in September!

One will be at our Main location on Sycamore Road in DeKalb, and the other will be at our Genoa location.

Save the dates and join us for a scoop of delicious Culver's custard at the Ice Cream Social location near you!



Tues., September 10
6:00—7:00 pm
GENOA CLINIC
510 E. Main Street, Genoa

World Physical Therapy Day is Sept. 8!

Northern Rehab would like to take the opportunity to help raise awareness of our profession that contributes to keeping people well, mobile, active, and independent.

This year's theme is focused on chronic pain and the role that physical therapy and physical activity can have in helping people manage chronic pain.

Benefits of using physical therapy and exercise in managing chronic pain include:

- maintaining flexibility and movement
- improve cardiovascular health
- build and keep muscle tone
- improve mood and general well-being
- help control pain
- increase confidence to take part in activities
- take back control of your life and reduce fear

Through treatment, advice, education, and exercise programs, physical therapists support people of all ages to achieve activity goals. We thank you for choosing and trusting Northern Rehab for your physical therapy care! Please let us know how we can help you safely manage pain, so you can get back to the activities you enjoy doing!

Blood Drive



We are hosting a Blood Drive at our Sandwich clinic
Wed., October 16
1:30 pm - 4:30 pm.

Our blood drive goal is to collect 12 donations. Every day, Versiti Blood Center of Illinois (formerly Heartland Blood Centers) needs to see at least 600 donors to meet the demands of our hospitals. Give blood - save lives!

Check back soon with more details and how you can schedule a time to donate blood!