



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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Thank You For Joining Us At Our Ice Cream Socials!



We're so pleased so many of you were able to stop by our DeKalb and Genoa Ice Cream Socials! We're grateful to all of you for choosing Northern Rehab and we had a great time treating our patients and community members to a scoop of custard!

Special shout out to Julianna and John from the Culver's in Sycamore for providing the Custard Card full of delicious custard and toppings! And of course, most of all, THANK YOU to everyone for joining us!

We're Honored To Win Best of Ogle County's Reader's Choice Award for Best Physical Therapists!

Our Rochelle clinic was recently voted Best Physical Therapists in their first annual Best Of Ogle County Reader's Choice contest! Similar to DeKalb County's Reader's Choice contest, we are thrilled and honored for our Rochelle clinic to be recognized with this award! Thank you to our patients and fans for voting for us in this contest!

Thank You!

Welcome Randi!



We are pleased to welcome Randi to the Northern Rehab team! She is working as a PT Tech in our DeKalb Sycamore Road clinic while she is a student attending NIU! Welcome to the team, Randi!

Check Out Our Latest Educational Video

In our latest Educational Video, Physical Therapist Rob Larkins discusses the importance of stretching, injury prevention, and how it should fit into your workout or activity. Rob includes examples of common stretches along with basic guidelines for your flexibility.

View our video at:
<https://www.youtube.com/watch?v=wXNc-PFYs2g&t=5s>

Fall Prevention Week Begins Sept. 23



The annual Fall Prevention & Awareness Week begins on September 23.

This week helps to raise awareness on how to prevent fall-related injuries for those at risk and older adults. During the week, we'll be posting lots of educational material on our social media, so be sure to check it out on Facebook and Twitter for tips on how to reduce your risk of falling, how physical therapists can assess your fall risk, and tips to fall-proof your home. Below are links to articles:

<https://www.choosept.com/symptomsconditionsdetail.aspx?cid=85726fb6-14c4-4c16-9a4c-3736dceac9f0>

<https://www.choosept.com/resources/detail/5-tips-to-fall-proof-your-home>

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!