



# 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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## Veteran's Day Special! 50% off any massage for Veterans!

We honor those who served and thank our Veterans for your service to our country! We'll treat you with a relaxing massage!

Offer valid November 11-21. Please mention this special when scheduling your appointment

Call 815.756.8524 to schedule your appointment today!



### Educational Video—Opioid Epidemic

The current Opioid epidemic in the U.S. has been consistently in the news. While Opioids have a role in addressing pain, there are several risks with opioid use. Physical Therapist Liza Piper, discusses the opioid crisis as well as the best non-opioid alternative options for treating pain, including how physical therapy can effectively manage pain in our latest educational video.

Here is the link to this video:  
<https://www.youtube.com/watch?v=pdCmlZTKDJE&t=17s>

### Have You Met Your Deductible?

Heading into fall, you may have met your insurance deductible for 2019. A new Illinois law now allows you to see a physical therapist without a physician's prescription. If you have aches and pains, we can help you start to feel better right away! Consider using your medical insurance and medical flex spending account to take care of your re-occurring muscle or joint issues before the end of the year.

Call us for more information or to schedule an appointment at 815.756.8524.



### Congratulations to Our Physical Therapy Month Raffle Winners!

In October, we celebrated Physical Therapy Month, and held a raffle in each of our clinics for a chance to win a Northern Rehab sweatshirt! Congratulations to the following winners:



Edythe L.  
Charlie H.  
Connie H.  
Babs S.  
Sonja B.  
Gail R.

Thank you for choosing Northern Rehab!

Sending Happy Birthday wishes to  
PT Kristin on November 9!

