



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

Volume 13, Issue 20

October 16, 2019

We Continue To Celebrate National Physical Therapy Month!



We continue to celebrate Physical Therapy Month! All month long we have been focusing on raising awareness and how physical therapists help to improve the quality of life by restoring and improving your ability to function. We've also been sharing educational information and tips for you to use in your daily life. Be sure to check out our Facebook and other social media platforms to see all of this valuable information!

Additionally, we're celebrating with some fun Patient Appreciation Days and holding a raffle to win a Northern Rehab sweatshirt! Be sure to fill out a raffle entry each time you visit any of our clinics. We'll raffle one sweatshirt from each clinic and the winners will be chosen the beginning of November. Our next Patient Appreciation Day is on Friday, Oct. 18; stop in any of our 5 clinics to pick up a token of our appreciation!

Educational Articles

As a part of PT Month, we like to share educational information and articles. We have 2 articles on our website blog; one discussing the benefits of doing physical therapy first for lower back pain, and the other focusing the opioid crisis and how choosing physical therapy first instead of taking opioid pain medication can provide to be very beneficial.

Here are the links to these articles:

http://www.apta.org/PTinMotion/News/2019/09/25/OptumStudyLBPOpioids/?_zs=HTWfVI&_zl=BcgA6

<https://northernrehabpt.com/opioid-crisis-choose-physical-therapy-first/>

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.



Patient Appreciation in October!



We'd like to take this opportunity to show our appreciation and thank our patients and friends for trusting us with your rehabilitation needs. Each time you visit any of our 5 clinics in October, fill out a

raffle entry for your chance to win a Northern Rehab sweatshirt! (One winner from each clinic will be drawn on Nov.5)

We are also hosting a Patient Appreciation Day on Oct. 18! Stop in any of our 5 clinics for a token of our appreciation!

Coat Drive



We are collecting donations for the Sycamore United Methodist Church (SUMC) Coat Ministry. Needed items include new and gently used coats, boots, mittens, scarves, and other winter accessories. All five Northern Rehab locations are serving as collection sites with clinics in DeKalb, Genoa, Rochelle, and Sandwich. Please drop off donated items between Oct. 21—Nov. 1. Thank you in advance for your support and contribution!