



# 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 21

November 1, 2019

## Coat Drive Success!

Our annual Coat Drive was another great success! Thank you to all of you in our community for your generous donations!

To read the full story, please check our website blog: <https://northernrehabpt.com/coat-drive-donations-delivered-sumc-coat-ministry-2019/>



## Don't Wait To See A PT For Low Back Pain!

A series of articles were recently published in the medical journal, *The Lancet*, that highlight the lack of adherence to clinical practice guidelines and advocate for "self-management, physical and psychological therapies" as first-line treatment for Lower Back Pain (LBP). The authors believe that LBP is the leading cause of disability worldwide and is a condition that is increasing rapidly. To read the full article and find out how you can improve LBP, please visit our website blog post at: [northernrehabpt.com/the-importance-of-physical-therapy-treatment-for-lower-back-pain/](https://northernrehabpt.com/the-importance-of-physical-therapy-treatment-for-lower-back-pain/)

## Are You Getting Enough Vit D?

As we head into the winter season when the sun sets much earlier, are you getting enough Vitamin D? Vitamin D is an important multi-purpose nutrient that is significant in the prevention of heart and autoimmune diseases, as well as cancer. Recent research has also likened the vitamin to a "natural antibiotic" for its role in the prevention of many common ailments.

To read more about how the body requires sunlight in order to properly utilize Vitamin D and what you can do to ensure you are getting the proper Vitamin D, check out our website blog here: [northernrehabpt.com/are-you-getting-enough-vitamin-d/](https://northernrehabpt.com/are-you-getting-enough-vitamin-d/)

## 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.



## Happy Thanksgiving!



All of us at Northern Rehab extend a special greeting as we near Thanksgiving to express to you our sincere appreciation for your business and loyalty.

We are deeply thankful for your trust, and extend our best wishes to you and your family for a happy and healthy Thanksgiving! We are thankful to be part of such wonderful communities!

Northern Rehab will be closed on Thursday, November 28, and will reopen with regular hours on Friday, November 29. Happy Thanksgiving!

## Holiday Massage Gift Card Special

### Give the gift of relaxation this season!

Purchase \$200 worth of gift cards and receive a coupon for a FREE 60 minute massage!

Valid through Dec. 24. Gift Cards available to purchase at all of our locations!

