



# 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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## Freezin' For Food Support



Ken stopped by the Hy-Vee parking lot earlier this month to drop off a donation for the annual Freezin' For Food Drive and presented it to WLBK radio host, TD Ryan, who braves the cold each year to help collect donations during the event.

## Best Wishes, Kayla!



We're saying "Best Wishes" to our PT Tech, Kayla. She's been with us 3 years while attending NIU & graduated this May. She's beginning PT School at Gannon University in Ruskin, FL. It's been a pleasure having Kayla as part of our team and know she will be a wonderful physical therapist!

## Opioid Epidemic And Low Back Pain

As America continues to fight the battle with the Opioid epidemic, a recent study reveals a significant pattern among those experiencing low back pain. Patients who sought physical therapy initially were 85% less likely to receive an opioid prescription within 30 days compared to patients who saw their primary care physician first. Unfortunately, only 1.6% of these patients saw a physical therapist first and 53% initially sought care from their primary care physician. This is unfortunate because there is a growing body of research that supports the use of physical therapy for low back pain.

Read the full article authored by our own PT Brandon Clement on our website blog:  
<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. 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.



## Recommendations for Tapering Off Long-term Opioid Use (Hint: Don't Go Cold Turkey)

The Department of Health and Human Services has issued new recommendations to help patients who have been on long-term opioid therapy. While doctor-prescribed opioids may be appropriate for certain conditions (cancer or end of life), the CDC recommends safer alternatives like physical therapy instead of opioids for chronic pain.

Stopping the use of opioids too rapidly, however, can cause harm or put patients at risk. That's why it's important to taper off prescription opioids properly.

Read full article here: <https://www.choosept.com/didyouknow/detail.aspx?cid=b1e121dc-35f7-40bd-b1e3-28cd62b98450>

## Holiday Travel



Traveling these days can definitely get your heart rate up, but not in a good way. Bring your gym clothes on your trip and take advantage of hotel gyms and swimming pools.

Hotel with no gym or staying with relatives? Try push-ups and lunges in your room. Try to stay active each day even when traveling!

## Upcoming Holiday Hours

We extend a warm holiday greeting to you and your family this season! Please note our upcoming Holiday Hours:

**Dec. 24—Close at 12:00 noon**  
**Dec. 25—Closed**  
**Dec. 31—Close at 3:00pm**  
**Jan. 1—Closed**

## 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!

