



Northern Rehab PT Newsletter

You have a choice where to 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

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Happy New Year!



All of us at Northern Rehab wish health, happiness, peace and prosperity to you and your family in 2020!

Please Update Your Insurance Information

Has your health insurance changed or need updating for the new year? Please be sure to advise our front office staff if you have any insurance card or benefit changes for 2020.



8 Exercises To Help Your Knees



Strengthening the muscles that support your knee & keeping them flexible is the best way to prevent knee injuries. This short slide show from

WebMD includes some good tips & exercises to strengthen those muscles.

Log on here at: www.webmd.com/pain-management/knee-pain/ss/slideshow-knee-exercises

Are You A Dancing With The Stars Fan?

Check out this interesting MoveForwardPT article and conversation on how physical therapy plays a role on Dancing with the Stars with Pro Dancer Val Chmerkovskiy:



View on line here at: www.choosept.com/Radio/Detail/dancing-with-stars-pro-val-chmerkovskiy-physical-t

Healthy New Year's Resolutions



Here are 7 easy healthy New Years Resolutions you can actually keep!

Slowly make adjustments and try a new one every week or so, set small goals, and see how you can achieve them over the next few months and throughout the whole year!

Destress From The Holidays With A Massage

We all know the holidays can be stressful and busy! It's important to take time for yourself and take care of yourself as well! Treat yourself to a relaxing massage or use a gift certificate to pamper yourself for just a bit, to help get into the swing of the new year! Call us at 815.756.8524 to schedule your massage with Hannah at our DeKalb Sycamore Road or Genoa locations!

