



Northern Rehab PT Newsletter

You have a choice where to go for physical therapy.
Thank you for choosing Northern Rehab!

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Three Ways Physical Therapy Can Help Manage Headaches



Headaches affect 47% of the global population and are described by the type and location of pain in the head. Many headaches are harmless and resolve gradually. However, more frequent moderate to severe headaches can impact your ability to do daily activities and quality of life. A physical therapist treatment plan for headaches may include manual therapy, exercises, and education.

You may read the full article on line at: www.choosept.com/resources/detail/3-ways-physical-therapist-can-help-manage-headache

Insurance Changes?



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.

Meet Our PT—Melissa Payne Wagner

In our latest edition of Meet Our PT videos, we're introducing Melissa Payne Wagner, lead physical therapist in our Genoa clinic. Learn why Melissa became a PT, the most rewarding part of being a physical therapist, more about her family, and what she enjoys doing in her spare time in her video you can watch on line at: youtu.be/WEEdfcbhfCs



Don't just sit there!

Be active sitting for much of the day, and most of us are likely to sit for 11 hours a day. But what exactly does sitting do to our bodies, and what activities for nearly eight hours per day, but average for a U.S. adult? Mike brings you four reports, which detailed a chain of problems from head to toe.

Headaches
Headaches are a common problem, and sitting is a major contributor. Sitting for long periods can cause tension in the neck and shoulders, which can lead to headaches.

Neck Pain
Sitting for long periods can cause tension in the neck and shoulders, which can lead to neck pain.

Shoulder Pain
Sitting for long periods can cause tension in the neck and shoulders, which can lead to shoulder pain.

Back Pain
Sitting for long periods can cause tension in the neck and shoulders, which can lead to back pain.

Legs
Sitting for long periods can cause tension in the neck and shoulders, which can lead to leg pain.

So what can we do? The experts recommend...

Take breaks
Take breaks every 30 minutes to stand up and move around.

Use good posture
Use good posture when sitting, including keeping your feet flat on the floor and your back straight.

Use ergonomic chairs
Use ergonomic chairs that provide support and comfort.

Exercise
Exercise regularly to keep your muscles strong and your body healthy.

How Sitting Too Long Affects Your Body

According to a report published in *Annals of Internal Medicine*, the average person spends more than half of his or her waking hours in an inactive state (sitting at a computer, watching TV, commuting to and from work, etc.). Sitting down for long periods of time can cause problems such as chronic back pain, poor posture, and even potentially deadly diseases such as diabetes, heart disease, and obesity. This inactivity certainly can affect your health in several ways.

Read full article on line at: www.powerofpositivity.com/this-is-what-sitting-too-long-does-to-your-body/

Welcome PT Student Mike!

We welcome PT student Mike Palomo! Mike is a NIU Physical Therapy student doing a clinical with Todd as his instructor in our Genoa clinic. We are pleased to have him with us for the next several weeks!

