



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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Brandon & Aaron Complete Blood Flow Restriction Training

Our Physical Therapists, Brandon and Aaron, recently completed a continuing education course for Blood Flow Restriction Training by BFR Pros in Rockford, Illinois. Blood flow restriction training is an exercise adjunct to enable patients to make greater strength gains while lifting lighter loads.

To learn how this treatment works for patients and for the full article, please go on line at: <https://northernrehabpt.com/brandon-and-aaron-complete-blood-flow-restriction-training/>

For Veterans: You're Invited To Our FREE "Physical Therapy For Veterans" Presentation



We're hosting a FREE "Physical Therapy for Veterans" Presentation on Friday, February 14 at 12:00 noon at Northern Rehab's Main office at 3266 Sycamore Road in DeKalb.

This presentation will be led by Mike Palomo, SPT, an NIU physical therapy student training with Northern Rehab's Physical Therapist, Todd Vanatta. All area Veterans are invited to join this free presentation that discusses how physical therapy can help keep Veterans healthy and active in the community and home. Topics include learning how physical therapy serves as an alternative to surgery, prevents injury, increases mobility, reduces pain, and restores independence. Additionally, discover how physical therapists are trained and able to provide treatment and exercise programs tailored to the needs of Veterans, find out how physical therapy promotes health and wellness and develop unique and resourceful treatment plans in all aspects of the Veteran's life, and learn how to navigate the barriers to receive physical therapy. All Veterans and their family members are welcome to attend this free event. Light snacks and drinks will be provided.

More Information on Blood Flow Restriction Training and Physical Therapy

To learn more about Blood Flow Restriction Training, there is an informative and brief podcast from www.moveforwardpt.com, that explains more about this special technique in physical therapy. In this episode, Johnny Owens, PT, MPT, from Brooke Army Medical Center describes how blood flow restriction training works, shares his vision for the potential of the technique within health care, and discusses where research is ongoing.

Log in online for the podcast at: <https://www.choosopt.com/radio/detail/blood-flow-restriction-training-physical-therapy>

Valentine's Day Gift Card Special



Welcome Natalie!

We're pleased to have Natalie join the Northern Rehab team as one of our PT Techs at our DeKalb Sycamore Road clinic. Please help us welcome Natalie if you see her!

