



# 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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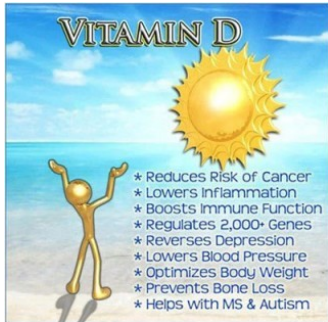
February 16, 2020

## Educational Video - Proper Sleep Positions For A Good Night's Sleep

Our latest educational video has premiered and is posted! Physical Therapist Ken Olson discusses the importance of sleep and shows examples of proper sleeping positions for the best night sleep. Don't let sleep affect your day to day life - try these simple tips for better sleep and wake up feeling refreshed and ready for the day!

To view the video, please visit: <https://www.youtube.com/watch?v=snqX2iseRp0&feature=youtu.be>

## 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. The body requires sunlight in order to properly utilize Vitamin D. According to Oregon State University research, as much as 70% of the American population is Vitamin D deficient, especially during the winter months when light exposure is limited. Sun exposure is necessary for proper metabolism of Vitamin D, which occurs in the skin. Supplements are usually suggested during the winter months. The daily recommendation for Vitamin D for adults and children are 1300 IU (units), seniors over 70 years of age at 800 IU, and infants at 400 IU. For best absorption, take Vitamin D supplements with fat containing foods such as nuts or dairy. Additionally, at least 15 to 30 minutes of direct sun exposure every day is suggested, but not always possible during the winter months. Eating Vitamin D rich foods such as salmon, tuna, fish oil, and milk, cheese, and egg yolks in moderation is also recommended. Always discuss your Vitamin D levels with your doctor.

## Health & Sports Scholarship Applications Now Available

We offer a Health & Sports Scholarships for Genoa and Rochelle High School Seniors each year, with one recipient chosen from each school. Applications are now available on our website to download. If you know of a high school senior attending either Genoa-Kingston or Rochelle High Schools, please encourage them to apply! Scholarship information can be found on our website; links are below:

Genoa-Kingston High School Health & Sports Scholarship - Deadline to apply is April 6, 2020

Visit our website for more info and to download scholarship application here: <https://northernrehabpt.com/genoa-kingston-health-sports-scholarship-applications-now-accepted/>

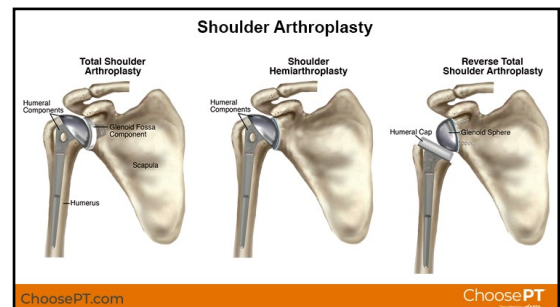
Rochelle High School Health & Sports Scholarship - Deadline to apply is March 13, 2020

Visit our website for more info and to download scholarship application here: <https://northernrehabpt.com/genoa-kingston-health-sports-scholarship-applications-now-accepted-3/>

## Preparing For Shoulder Arthroplasty (Shoulder Replacement Surgery)

If you or someone you know needs shoulder replacement surgery, knowing what to expect can help you have a better outcome. Our physical therapists at Northern Rehab are here to help you through a safe and healthy recovery to help limit pain, improve your shoulder function, regain strength and movement, and help you safely return to your activities.

Please visit this site to read the full article: <https://www.choosept.com/symptomsconditionsdetail/total-shoulder-arthroplasty-replacement>



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