



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

Volume 14, Issue 5

March 1, 2020

Northern Rehab: An Expanding Passion for Physical Therapy



We were honored to be invited by Resource Bank to be featured in an article in their *Your Resource For Living* publication. If you haven't seen it yet, you can check out the article about Northern Rehab's history of commitment and hands-on care in our community on our website. Special thanks to Resource Bank and OC Creative for their excellent work on this article!

Please visit: <https://northernrehabpt.com/northern-rehab-an-expanding-passion-for-physical-therapy/>

Is Knee Surgery Necessary?

Approximately 25% of people older than 50 will experience knee pain from degenerative knee disease. Degenerative knee disease is an inclusive term that describes patients with knee pain who are over 35 years old, have imaging evidence of osteoarthritis/meniscus tears, and/or mechanical symptoms (clicking or locking). Management of this condition can range from conservative care (medications, injections, physical therapy) to surgical procedures (arthroscopic or joint replacement). Arthroscopic knee surgery for degenerative knee disease is the most common orthopedic procedure and is performed more than 2 million times each year. According to a recent study from the British Medical Journal, it was found that arthroscopic surgery was no better than exercise therapy for treating degenerative medial meniscus tears. In addition, the authors recommended against the use of arthroscopy for degenerative joint disease of the knee & instead, recommended physical therapy as a safer & more effective alternative for this condition.



To read the full article, please visit our website blog at: <https://northernrehabpt.com/is-knee-surgery-necessary/>

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/>

Find Us At The Genoa Home & Business Expo

13th Annual Home & Business



EXPO 2020

Stop by and see us at the annual Genoa Home & Business Expo on Saturday, March 21 from 10:00 am - 3:00 pm at the Genoa-Kingston High School. Visit our booth to speak to our PTs, enter to win our raffle, and pick up some fun promotional items. It's a great community event and fun for all ages. We hope you'll stop by the Northern Rehab booth to see us!