



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

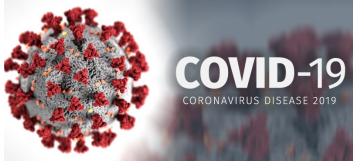
Genoa
815.784.6417

Rochelle
815.562.3299

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Our Response to COVID-19 Virus



We recently sent an email out to our patients, but wanted to again share our response to the COVID-19 virus situation. Your health is our highest priority, and we encourage you to stay informed about the latest developments. You may find our responses on our website blog here:

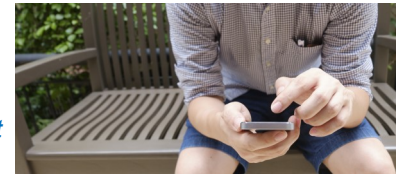
Read our response and preventative actions to keep you healthy and safe at: <https://northernrehabpt.com/northern-rehabs-response-to-covid-19/>

Read about our steps to protect patients upon appointment check-ins at: <https://northernrehabpt.com/covid-19-steps-to-protect-our-patients/>

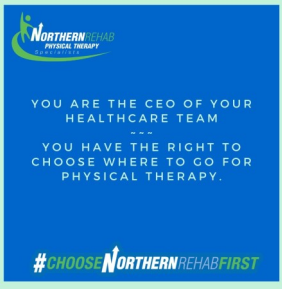
Your Smart Phone Could Be Rapidly Aging Your Spine

Chances are that you probably haven't given much thought to how your neck and back are faring in the era of the smart phone, but studies show that you most certainly should. Find out how this could be a potential problem on our recent blog post.

To read the full article, please visit our website blog at: <https://northernrehabpt.com/your-smart-phone-could-be-rapidly-aging-your-spine/>



You Have the Right To Choose Where To Go For Physical Therapy



THANK YOU kindly for putting your trust in Northern Rehab for your physical therapy care!

Many other people do not realize they can choose where to go for physical therapy when injured, recovering from surgery, or dealing with chronic aches and pains. Research shows that early intervention results in quicker return to function rather than waiting to see if your pain will disappear on its own. Physical therapy has proven to be a good option for relieving aches and pains that may be the result of an injury, surgery, or just plain overuse. Once you have realized that physical therapy can help you, there are 4 key points that you should know before choosing a physical therapist, explained by our own physical therapist, Melissa Beck. To read the key points and full article, please visit: <https://northernrehabpt.com/you-have-the-right-to-choose-where-to-go-for-physical-therapy/>

Amy's 15 Minutes of Fame on National TV

Our Office Manager, Amy, and her daughter had a great experience as part of a group that filmed an upcoming segment with Good Morning America! One of their goats, Baby Wright, from the non-profit organization Live Learn and Lead, was selected as Good Morning America's Animal of the Week! You can view the segment online at: <https://www.goodmorningamerica.com/living/video/gma-pet-week-meet-baby-wright-goat-69577378>



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. The deadline for Rochelle has passed, but the deadline to apply for Genoa is April 6. Applications are now available on our website to download. Scholarship information can be found on our website at: <https://northernrehabpt.com/genoa-kingston-health-sports-scholarship-applications-now-accepted/>