



Northern Rehab PT Newsletter

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

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Telehealth Virtual Appointments Now Available



Your health remains our highest priority, and Northern Rehab remains available to take care of your physical therapy needs. You should have received an email announcing Telehealth Virtual E-Visit appointments are now available as an option for your PT treatments from the safety and comfort of home. Feel free to ask your PT or our staff about details, information, and how to schedule an e-visit. You can also visit our website for details at: <https://northernrehabpt.com/how-we-can-help/virtual-appointments/>

Six Reasons To Consider Telehealth Physical Therapy

Telehealth — a live, one-on-one video appointment with your PT — is a great option during the shelter in place requirements during this unprecedented time. Telehealth is becoming a popular option that enables patients to see and talk to their health care providers, including a growing number of PTs, from the comfort and convenience of home.

MoveForwardPT.com has a great article online with great information for six reasons to consider telehealth PT. You may find it here: <https://www.choosept.com/resources/detail/6-reasons-to-consider-telehealth-physical-therapy>

Stay Active During Social Distancing & Shelter In Place

COVID-19 is causing significant disruptions to all areas of life and presents a serious threat to health. The American Physical Therapy Association supports following the Centers for Disease Control and Prevention guidelines for remaining safe and avoiding unnecessary exposure, which includes staying home and distancing yourself from others when possible.

But practicing social distancing doesn't mean that you have to stop being physically active. Getting the recommended amount of daily physical activity for your age and ability helps to maintain and to improve overall health, and it is perhaps even more important during stressful times like these. First, follow CDC guidelines for personal health habits and other tips to prevent the spread of COVID-19 and other viruses. Then, take advantage of the following tips and resources that you can use to maintain your health and fitness, while doing your part to stop the spread of the virus. From MoveForwardPT.com, you may go online to read about these health and wellness tips from physical therapists: <https://www.choosept.com/resources/detail/maintaining-physical-activity-amidst-covid-19-soci>

Don't Let Working From Home Literally Become a Pain in Your Neck

If you're working from home amid the COVID-19 pandemic, you might find that your makeshift office is a literal pain in the neck.

Many people don't have proper office chairs, and working for extended periods of time at your kitchen counter or hunched over a coffee table is not great for your body and overall health. That means you have to be extra cognizant of your posture and routine, so you can combat the stress and strain that might come from working in a compromised position.

Read the full article from CNBC about inexpensive ways to make your work-from-home space more ergonomic and better for your neck and back below:

https://www.cnbc.com/2020/03/19/ways-to-make-your-work-from-home-space-ergonomic-better-for-your-back.html?__source=sharebar%7Cfacebook&par=sharebar&fbclid=IwAR3cEDNEsUXwBeu76AGZp8JkYxEJQeGlbwbedZS173x4m4A3GecQKNeE88A



Hip Strengthening Exercises You Can Do At Home

We received a request to include some hip exercises in a future newsletter, and we're happy to oblige! If you would like to see a specific topic or exercise information in an upcoming newsletter, please send your requests to Deb, our Marketing Director, at Deb@northernrehabpt.com

Hip strength is an important part of being able to perform daily functions as well a contributing factor for hip, low back, or knee pain. These exercises can help strengthen the muscles around the hips and can be done at your home without equipment.

Please visit our website to view these exercises created by our physical therapist, Brandon Clement:

<https://northernrehabpt.com/hip-strengthening-exercises/>