Choose To Move Challenge Raises Funds For The Voluntary Action Center

We are thrilled to announce our Choose To Move Challenge raised $1500 for the Voluntary Action Center! Pictured here is Colleen Bredeson, VAC’s Nutrition Programs Director accepting our donations from Northern Rehab’s Ken Olson.

We also raised funds and made a donation to the Rochelle Hub City Senior Center as part of our Choose To Move Challenge in the Rochelle community.

We extend our gratitude and appreciation to everyone that participated in this fun virtual event! It was a great success!

Read full story below:
5 Reasons You Need a PT to Coordinate Your Fitness Regimen

Physical therapists aren't just for people that have sustained a recent injury or have had surgery. Physical therapists also assist people who want to return to an exercise and fitness program but are restricted due to painful muscle or joint conditions. Seeing a PT for these reasons have many benefits; here are 5 reasons why you should consider seeing a Northern Rehab Physical Therapist.

Read Article

Are You Getting Enough Vitamin D?

It's that time of year when it's getting darker earlier and we're moving to indoor activities. With less natural sunlight, our Vitamin D levels can easily drop. Vitamin D is an important multi-purpose nutrient that is significant in the prevention of heart and autoimmune diseases and cancer, boosts immune function, and has shown it plays a role in how patients respond to the Coronavirus. Read below about the importance of Vitamin D, foods rich in Vitamin D, and daily recommendations.

Read Article

Have You Met Your Insurance Deductible?

Heading into fall, you may have met your insurance deductible for 2020. You may see a physical therapist without a doctor's prescription. If you have re-
occurring aches and pains, we can help you start to feel better right away! Consider using your medical insurance and medical flex spending account to take care of your re-occurring muscle or joint issues before the end of the year.

Call us for more information or to schedule an appointment at 815.756.8524

Happy Birthday to Kristin on November 9! Kristin is a physical therapist in our in our DeKalb Lincoln Highway clinic! Please help us wish her a Happy Birthday!

Have You Had A Great Experience at Northern Rehab?
If you've had a great experience at Northern Rehab, would you please consider taking a few minutes to review us online at any or all of the sites below?

Your positive reviews help other people choose where they should go for physical therapy!

- Google - DeKalb Sycamore Road
- Google - DeKalb Lincoln Highway
- Google - Genoa
- Google - Rochelle
- Facebook

You are receiving this email newsletter because you shared your e-mail address with us.

We're sharing helpful information, education, health tips, and Northern Rehab news to help keep you informed while helping you regain your freedom to move! Your privacy is important to us. Please be assured your information will never be shared or sold to anyone. If you prefer not to receive e-mails please click the unsubscribe link at the bottom of this email.

Thank you for choosing Northern Rehab and putting your trust in us for your physical therapy care!

We encourage you to explore our website for additional info!

Voted in the DeKalb County Readers Choice Awards:

- Best Physical Therapists 9 consecutive years (2012 - 2020)
- Coolest Place to Work 6 years in a row (2015 - 2020)
- Friendliest Staff 5 years in a row (2016 - 2020)
- Best Massage Therapy 5 years in a row (2015 - 2019)
- Best Physical Therapists in Ogle County (Rochelle) 2 years (2019 - 2020)

Thank you for choosing Northern Rehab - we are honored!