Clinic Safety Precautions During COVID-19

As COVID-19 cases are rising again in our area, Northern Rehab would like to remind you that patient safety is always our highest priority. We continue to work diligently to provide a safe environment for patients and staff during the COVID-19 pandemic. We continue to limit the number of people in our clinics, thoroughly sanitize all equipment, tables and countertops after use and in between each patient, require masks and handwashing, check temperatures upon arrival, and more to ensure your therapy session is safe, effective, and you receive the highest quality of care.

Learn what safety precautions we’re doing at our DeKalb Main Office and in all of our clinics during this time.
Time is running out!
Please consider supporting legislation to stop Medicare cuts!

Cuts to physical therapy Medicare payment will start Jan. 1, 2021 unless Congress takes action.

U.S. Representatives have introduced H.R. 8702, bipartisan legislation to provide critical relief to providers who are scheduled to receive Medicare payment cuts next year. The Holding Providers Harmless From Medicare Cuts During COVID-19 Act of 2020 would ensure that payments to these providers — including physical therapists — are not cut and kept stable for the next two years.

Private practice physical therapists provide cost-effective, safe physical therapy in community-based settings. In the midst of a public health emergency, a 9% cut is likely to force providers to lay off staff, limit hours, or worse-yet close clinics permanently—significantly disrupting access to care as well as the local economy.

Please consider taking two minutes to contact your members of Congress and urge them to:

- Contact House/Senate party and relevant committee leadership to ask them to add H.R. 8702 to any legislative packages moving during the lame duck session.
- You can find your Senator’s name and contact information at: https://www.illinoispolicy.org/maps/illinois-senate/
- House members - please cosponsor H.R. 8702.
- You can find a directory for the House of Representatives in Illinois at: https://www.house.gov/representatives#state-
** Please note: while there is no corresponding Senate companion bill at this time, we are asking that you share information on H.R. 8702 with your Senators so they are aware of it, and the need to include in any year-end legislative vehicle.

**Sample Message: (please copy and send to your Senator and/or Representative)**

I ask for your support and to add H. R. 8702 to any legislative packages moving forward during the lame duck session. In the middle of a global pandemic, now is not the time to cut Medicare payments for physical therapists. Please support H. R. 8702.

Call or email your members of Congress to show them that we need them to #FightTheCut. The middle of a global pandemic is not the time to cut payment for physical therapy services.

Thank you for your advocacy and support!

The Northern Rehab Team

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**5 Reasons You Need a Physical Therapist 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

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**Congratulations to Todd On His 10 Year Anniversary!**

We’re celebrating another employee milestone anniversary! Congratulations to Physical Therapist Todd Vanatta for his 10 year anniversary at Northern Rehab!
5 Ways To Increase Physical Activity For Infants & Toddlers

Encouraging daily physical activity & active play in infants & toddlers is important to develop strength, balance, coordination, movement planning skills, endurance, and flexibility. If your child is experiencing mobility & strength issues. Read this informative article from ChoosePT.com below which includes physical activity recommendations and five strategies from physical therapists for infants and toddlers, based on recent guidelines and best practices to promote health. Include these in your infant’s or toddler’s daily routines.

If your child is experiencing mobility & strength issues, our Pediatric specialist Janet Truckenbrod Sarver will work with children and their families to meet goals such as improving the child’s physical independence, confidence and participation to ease daily challenges.

To learn more, click on the blue button below:

Read Article
We recently had the opportunity to present a donation to Connie Dougherty with Rochelle's Hub City Senior Center as part of our Choose To Move Challenge this fall. Pictured here (left to right) is Connie Dougherty accepting our donation from Northern Rehab's Janet Truckenbrod Sarver.

We're very pleased with the success and support from our wonderful community for this event!

Read Full Story Here

Have You Met Your Insurance Deductible?

Nearing the end of this year, 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
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!*

Northern Rehab Physical Therapy Specialists
3266 Sycamore Road | DeKalb, IL 60115
232 W. Lincoln Highway | DeKalb, IL 60115
540 E. Main Street | Genoa, IL 60135
1211 Currency Court | Rochelle, IL 61068

www.northernrehabpt.com

STAY CONNECTED