Northern Rehab PT Newsletter

Visit our Website

In This Edition:

- Free Event: Barbell Lifts & Modifications for Training with Pain
- Happy Valentine's Day
- Physical Therapists Fuel Healthy Movement With Nutrition
- Meet Our PT Kristin Christian
- Physical Therapy Offers Options For Arthritis

Free Presentation
Barbell Lifts & Modifications for Training with Pain

In partnership with the
Kishwaukee Family YMCA,

join us at our Evening Coffee by Lunch & Learn Series:

"Barbell Lifts & Modifications for Training with Pain"

presented by Physical Therapist Lauren Pinnow on

Thursday, February 15
at 6:00 pm

Attendees will learn lifting techniques for popular barbell-based exercises, ways to modify movement patterns when dealing with pain, and injury prevention.

This event is FREE, but registration is required.

Learn More

Register Here

Physical Therapists Fuel Healthy Movement With Nutrition

Better fuel, better recovery? Get the inside scoop on how physical therapists leverage the power of nutrition to optimize your movement and recovery in our blog post below.

Read Article

Meet Our PT Kristin Christian

Did you know physical therapist Kristin Christian loves to sing? Listen to a song by her Barber Shop quartet and learn more about Kristin's background and why she loves working with patients to help improve their path to wellness at our DeKalb facility.

Learn More About Kristin

Physical Therapy Offers Options For Arthritis

Arthritis is a chronic condition that causes pain, stiffness, and swelling of the joints. The hips, knees, hands, and spine are the most commonly affected joints. Physical therapy has been extensively researched as a treatment for arthritis and

demonstrates excellent outcomes including pain reduction, improved mobility, and delaying or preventing surgery. Read below how our physical therapists can help you manage your symptoms:

Read Article

Health & Wellness Scholarships

Northern Rehab offers an annual Health & Wellness Scholarship for Genoa-Kingston and Rochelle High School seniors, with one recipient chosen from each school. Applications are now available on our website and at the high school counselor offices. If you know a high school senior attending either of these high schools, that participates in at least one sport or extracurricular activity during high school, and will pursue a career in healthcare, please encourage them to apply! All requirements, information, and applications can be found at the button link below:

Scholarship Details

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

- 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*** **12 consecutive years (2012 - 2023)**
- ***Coolest Place to Work*** **7 years in a row (2015 - 2021)**
- ***Friendliest Staff*** **5 years in a row (2016 - 2020)**
- ***Best in Women's Health*** **2023**
- ***Best Physical Therapists in Ogle County*** **(Rochelle) 3 years (2019 - 2021)**

Thank you for choosing Northern Rehab - we are honored!

Northern Rehab Physical Therapy Specialists
3266 Sycamore Road | DeKalb, IL | 815.756.8524
540 E. Main Street | Genoa, IL | 815.784.6417
1211 Currency Court | Rochelle, IL | 815.562.3299
www.northernrehabpt.com

STAY CONNECTED

Northern Rehab Physical Therapy Specialists | 3266 Sycamore Road, DeKalb, IL 60115

Unsubscribe deb@northernrehabpt.com

Update Profile |Constant Contact Data Notice

Sent bydeb@northernrehabpt.ccsend.compowered by

Constant Contact

Try email marketing for free today!