Northern Rehab PT Newsletter

Visit our Website

In This Edition:

- Food Drive Thank You
- Free Event - Knee Pain: Prevention & Management
- Genoa Clinic Receives Spirit of the Chamber Award
- Voted Top Healthcare Facility
- Meet Our PT Brandon Clement
- Tips To Stay Committed To Your Exercise Program
- Health & Wellness Scholarships

Food Drive Thank You

We extend a heartfelt thank you for your

support of our recent food drive! With your generous donations, together we are able to provide much-needed food and personal items and fill our local pantries with nutritious food for those in need. We'll be making deliveries this week to local food pantries. Watch our social media for photos coming soon!

Thank You!

March Lunch & Learn Free Presentation
Knee Pain: Prevention and Management

In partnership with the Kishwaukee Family YMCA, join us for our Lunch & Learn Educational Series:
"Knee Pain: Prevention and Management"
presented by Physical Therapist Brandon Clement on
Thursday, March 21
at 11:00 am

Attendees will learn about knee anatomy, common injuries and strategies to prevent and self-treat injuries.

This event is FREE, but registration is required.

Learn More

Register Here

Congratulations to Our Genoa Facility!

Congratulations! TO THE GENOA AREA CHAMBER OF COMMERCE

SPIRIT OF THE CHAMBER AWARD WINNER!

NORTHERN REHAB
PHYSICAL THERAPY
Specialists

GENOA Area CHAMBER of Commerce

Northern Rehab was honored to be awarded the **Genoa Area Chamber of Commerce Spirit of the Chamber Award** last week at their annual dinner!

Thank you to the Genoa Chamber for this special recognition!

We are proud of our Genoa team and their spirit in supporting our community and partnership with the Genoa Chamber!

Lead physical therapist in our Genoa clinic, Melissa Wagner, was quoted in a recent Daily Chronicle article about the event:

"Physical Therapist Melissa Payne Wagner, a Genoa High School graduate who has been with Northern Rehab Physical Therapy's office in Genoa since it opened in 2005, said she and her coworkers appreciate the support they've received from the community over nearly two decades.

'There's lots of familiar faces out in the crowd tonight, and we couldn't be where we are today without all of your local support. It'll be 20 years next year that we opened this clinic in Genoa and we're just honored to be part of it. Thank you,' Wagner said."
(Read full article below)

We are grateful for this recognition and continue to work together within our community to support healthy activities and serve our patients in the Genoa community and all the communities we serve. We hope to share photos from this event soon; stay tuned on our social media pages! Thank you for this acknowledgment!

Read Full Article

Thank You To Our Community

DEKALB COUNTY TOP WORKPLACES READERS' CHOICE AWARDS 2023 DAILY CHRONICLE Part of SHAW LOCAL News Network

Thank you to our patients, fans, community and the Daily Chronicle for choosing Northern Rehab as the Top Healthcare Facility, Top Family Owned Business, and Top Business That Gives Back To The Community in DeKalb County's Top Workplaces Readers' Choice Awards! We are honored for these recognitions 2 years in a row!

Northern Rehab, a locally owned and operated private practice, has been serving our community for 45 years. We look forward to continuing to serve our community and helping you get back to the activities you enjoy! Thank you!

THANK YOU DeKalb County!

DEKALB COUNTY TOP WORKPLACES
READERS' CHOICE AWARDS 2023
DAILY CHRONICLE
Part of SHAW LOCAL News Network

NORTHERN REHAB PHYSICAL THERAPY Specialists

VOTED BEST in 2022 & 2023:

Top Healthcare Facility

Top Family Owned Business

Business That Gives Back to the Community

Meet Our PT Brandon Clement

Have you met Physical Therapist, Brandon Clement? Brandon treats patients in our DeKalb facility and shares his ties to the DeKalb community, his family, and why he loves working as a PT with Northern Rehab. Fun fact: since the filming of this video, Brandon's family has grown to include a daughter!

Learn More About Brandon

Maintaining Momentum: Tips for Staying Committed to Your Exercise Program

New year's resolutions around fitness and exercise are incredibly popular. A few months later, staying with it may become a challenge. Check out our blog post with tips and advantages to sticking with

your exercise program.

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*
- ***Top Healthcare Facility** (2022 - 2023)*
- ***Top Family Owned Business** (2022 - 2023)*
- ***Top Company That Gives Back to the Community** (2022 - 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

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

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