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Northern Rehab PT Newsletter

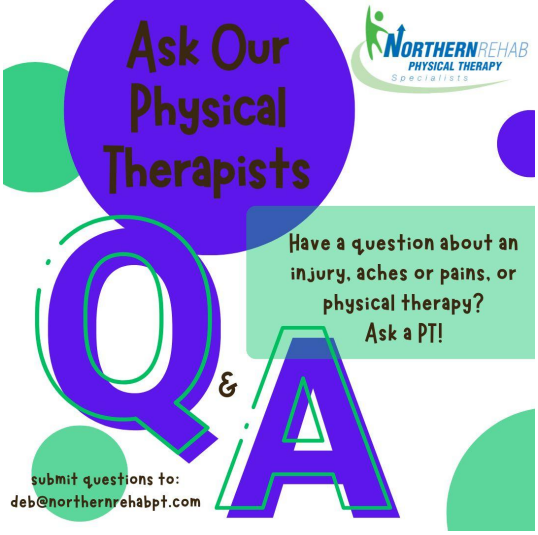
Visit our Website

In This Edition:

- Ask a PT Your Questions
- Physical Therapy For Fibromyalgia
- The Importance of Sleep Video
- Genoa-Kingston HS Scholarship Recipients
- Summer Break Related To Weight Gain In Kids
- Golf Enhancement Program Gift Certificates

Ask A PT Campaign

Do you have a question about physical therapy, injury prevention,



exercise techniques, or anything related to rehabilitation? Northern Rehab is launching a new “Ask a PT” campaign!

Simply send your questions to deb@northernrehabpt.com with “Ask a PT question” in the subject line. Our team of expert physical therapists will select a variety of questions and provide short video responses shared on our social media platforms, in upcoming newsletters, and on our website.

Join us in this exciting campaign as we strive to empower you with the knowledge and support you need to live a healthy, active life! Submit your questions and let our PTs be your trusted guides on your journey to wellness!

Submit Questions Here

Physical Therapy For Fibromyalgia

When fibromyalgia pain and fatigue flares up, your physical therapist is here to help you get back to the activities you enjoy. Learn how physical therapy can help you manage and reduce pain and muscle stiffness in our blog post below:

Read Article

The Importance of Proper Sleep Habits

Physical Therapist Ken Olson discusses the importance of sleep and demonstrates proper sleeping positions for a restful night. Don't let poor sleep affect your daily life—try these simple tips for better sleep and wake up feeling refreshed and ready for the day!

Learn More About Ken

Congratulations To Our Genoa-Kinsgston Scholarship Recipients

We are pleased to congratulate **Reagan Tomlinson** and **Rylie Stoffregen**, our Genoa-Kingston High School Northern Rehab Health & Wellness Scholarship recipients!

Read more about Reagan, Rylie, and our scholarship below.

Read More

Pictured above:
Rylie Stoffregen (left) and
PT Todd Vanatta (right)

Pictured above:
Reagan Tomlinson (left)
and
PT Melissa Wagner (right)

Summer Break Related To Weight Gain In Kids

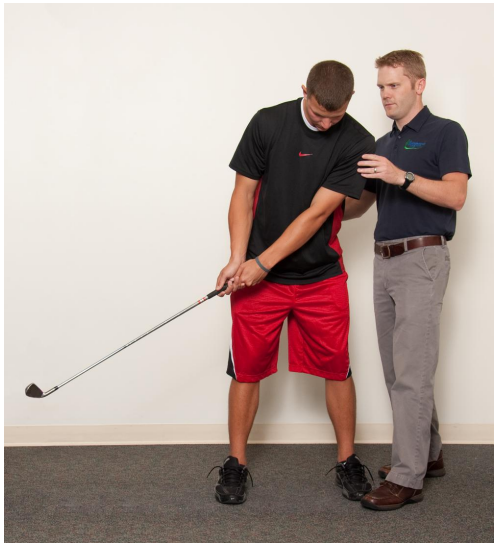
Summer is associated with children at play. But some studies suggest it's also a time when kids are gaining weight at an increased rate compared with during the school year. Read this ChoosePT.com

article and learn more about their recommendations to keep kids active and healthy during summer break.

Read Article

Golf Enhancement Program Gift Certificates

You may be aware of our Golf Performance Enhancement Program - a one-on-one program designed to foster education and independence in the self-care skills needed to maximize success and performance throughout the golfer's life. If you are looking for a unique Father's Day gift, we have gift certificates available!
A great gift for any avid golfer!



Learn More

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!

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