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Northern Rehab PT Newsletter

Visit our Website

In This Edition:

- Happy New Year
- Uh-Oh! Back Pain After Putting Away Decorations
- Better Sleep Solutions
- Healthy New Year's Resolutions
- Snow Shoveling Tips

Happy New Year!

Wishing you and your family a happy and healthy new year!

Uh-Oh! Back Pain After Putting Away Holiday Decorations?

You just finished packing and carrying that last box of holiday decorations down to the basement when, “uh-oh” back pain. What do you do now?

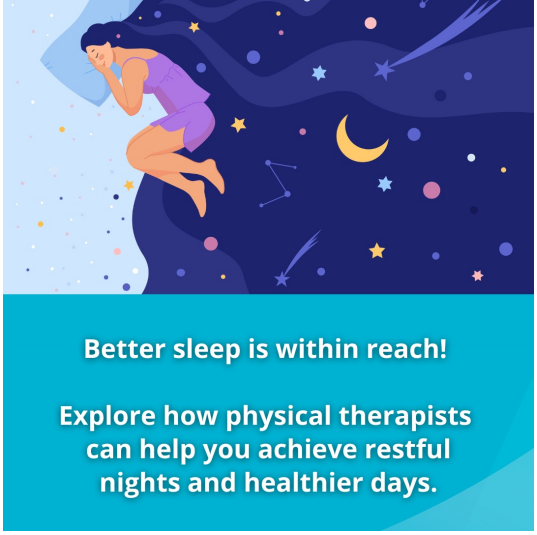
Don't suffer with new or re-occurring aches and pains; contact your physical therapist for an appointment and start feeling better right away!

Read Blog

Physical Therapists Offer Solutions For Better Sleep

Struggling to get a good night's sleep? Pain keeping you awake at night?

Learn why sleep is crucial to your well being and discover how physical therapists can help you improve your rest and overall health. Read our latest blog below:



Read Blog

Healthy New Year's Resolutions

Who’s ready to make 2025 their healthiest year yet? Whether it’s moving more, eating better, or focusing on self-care, let’s crush those New Year’s resolutions with a few easy resolutions you can keep!

Snow Shoveling Tips

We can expect the first big snowstorm of the season to happen anytime, so it's time to prepare for the inevitable task of shoveling. Whether you're clearing your driveway or making a path to your front door, proper technique is key to staying safe and avoiding injury. We're sharing essential snow shoveling tips from ChoosePT.com to help you work smarter, protect your body, and make the most of the winter season.

Read Article

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 13 consecutive years (2012 - 2024)***
- ***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) 6 years (2019 - 2024)***

Thank you for choosing Northern Rehab - we are honored!

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