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Northern Rehab PT Newsletter

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In This Edition:

- Strong Bodies, Safe Seasons
- Summer-Proof Your Back
- Food & School Supplies Drive Thank You
- Is Your Backpack Making The Grade?
- Backpack Safety Tips
- Find Us on Bluesky and Threads

Strong Bodies, Safe Seasons: Injury Prevention Tips Every Young Athlete Should Know

We're proud to share an article written by our very own physical therapist **Janet Truckenbrod Sarver** for the Rockford Elite Basketball program! Whether your child is new to sports or plays year-round, injury prevention is key to long-term success and health.

This article offers practical, easy-to-follow tips for athletes and parents—covering everything from proper warm-ups to recovery and safe training habits. Help your athlete stay strong, confident, and on the court this season and beyond!

Read Article

Summer-Proof Your Back: Core Strength Tips & Safe Lifting Strategies for Travel and Outdoor Fun

Summer is a time for adventure, travel, and outdoor fun—but it can also take a toll on your back if you're not careful. In this blog post, our team at Northern Rehab shares simple tips to help you stay pain-free all season long. From easy core exercises to smart lifting techniques and travel-friendly stretches, learn how to protect your back and keep moving comfortably through every summer activity.

Read Blog

Food & School Supplies Drive Thank You!

A heartfelt thank you to our amazing community! Thanks to your generous donations during our recent drive, we helped stock backpacks with school supplies and filled shelves with nutritious food for local food pantries!

Donation deliveries included Barb Food Mart, Spartan Food Pantry, Rooted For Good - Genoa, and Rochelle Christian Food Pantry.

Pictured here is Jennie with Rochelle Christian Food Pantry. She sends her gratitude—her van was packed with numerous bags of items before we even handed over our donation check!

Denise with Barb Food Mart happily accepts your generous donations! Her car was packed full with lots of school supplies and items!

Is Your Backpack Making The Grade?

Before you know it, students, teachers & faculty will start back to school! Many of us will return to our regular schedules as we head back to school, college, and work. It's important to remember the following tips when shopping for a new backpack and the proper way to wear backpacks to avoid strain or injury.

Is your backpack making the grade? Learn more in our blog post:

Learn More

Backpack Safety Tips

Backpacks are boss when it comes to carrying school supplies and books. Check out these tips from ChoosePT.com for backpack safety to help your kids avoid postural problems and pain this back-to-school season.

Backpack Tips

Northern Rehab Is On Bluesky and Threads

We're excited to share that Northern Rehab is now on **Bluesky** and **Threads**!

We're expanding our online presence to stay better connected with you—sharing wellness tips, clinic updates, community events, and more.

You can now follow us on Bluesky: @NorthernRehabPT.bsky.social and Threads: @Northern Rehab PT, along with all our other social media platforms (see below), to stay in the loop and engaged with all things Northern Rehab.

We look forward to seeing you online!

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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Bluesky **Threads**

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