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Northern Rehab PT Newsletter

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Save The Date!
FREE Lunch & Learn Presentation
Physical Therapy After Joint Replacement

In partnership with the Kishwaukee Family YMCA, our FREE presentation will be on **Thursday, Sept. 18 at 11:00 am**.

"Physical Therapy After Joint Replacement" will be presented Physical Therapist Chris Walters.

Attendees will learn a basic overview of the joint structures, changes made to the structures following joint replacement surgery, and what you can expect to encounter during physical therapy treatment following the procedure.

This event is FREE, but registration is required.

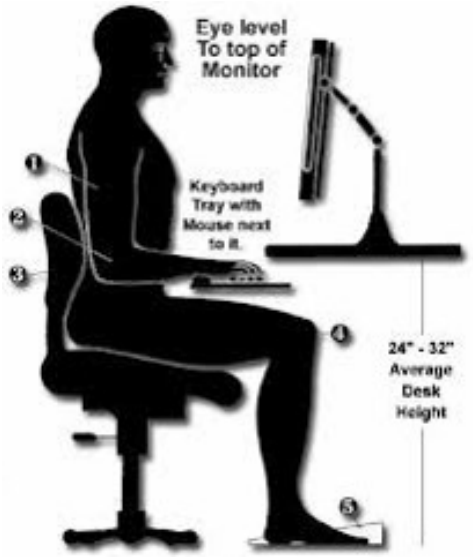
Learn More

Register

Exercises For Managing Arthritis

Is arthritis affecting your daily activities? Physical Therapist Lauren Pinnow discusses three different types of exercises to incorporate in your daily life if you experience painful arthritis. Adding these easy tips to your weekly exercise routine will help to prevent or decrease pain associated with arthritis.

Computer Workstation Setup Review



As students are returning to school, or if you are working from home or returning to the office, it's a good time to assess your computer workstation setup for you and your children in order to avoid developing painful muscle and joint problems associated with an improper setup.

Below are our computer workstation tips:

Read More

Save The Date!
Rochelle Clinic Open House

Mark your calendar and join us for our **Rochelle Clinic Open House**

Thursday, September 18
4:30 - 6:30 pm

Tour our new expanded clinic, enjoy appetizers and more!

Watch for more details coming soon!

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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STAY CONNECTED ON ALL OF OUR SOCIAL PLATFORMS:

Bluesky **Threads**

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