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Northern Rehab PT Newsletter

Visit our Website

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Please Join Us!
Rochelle Clinic Open House

Mark your calendar and join us at our

Rochelle Clinic Open House

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

Tour our new expanded clinic, enjoy delicious light refreshments catered by Ralfie's BBQ, Rochelle Chamber ribbon cutting, enter our raffle, and more!

More Info

Facebook Event

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

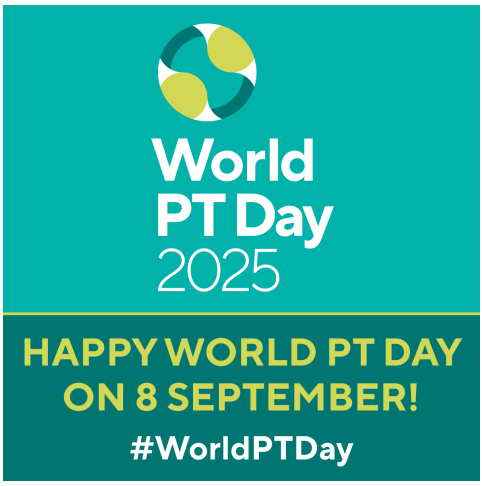
Keep Young Athletes Safe: A Guide to Preventing Sports Injuries

School is back in session and so are fall sports! Whether your child plays soccer, football, volleyball, or is running cross country, keeping them injury-free should be your top priority. Most youth sports injuries can be prevented with the understanding how to keep children safe while maintaining their competitive edge.

Read our guide to prevent sports injuries below:

Guide To Preventing Sports Injuries

World Physical Therapy Day



September 8 is World Physical Therapy Day!

Northern Rehab would like to take the opportunity to help raise awareness of our profession that contributes to keeping people well, mobile, active, and independent.

The focus for this year's World PT Day is the role of physical therapy and physical activity in healthy ageing, with a focused look at preventing frailty and falls.

Learn more about how you can continue a healthy lifestyle as you age with the information sheets and blog post below:

Read Blog

Congratulations Lauren

Congratulations to
Genoa Physical Therapist
Lauren Pinnow
on celebrating 10 years on staff
at Northern Rehab!

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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