Volume 22 - Issue 18 | October 1, 2025

Northern Rehab PT Newsletter

Visit our Website

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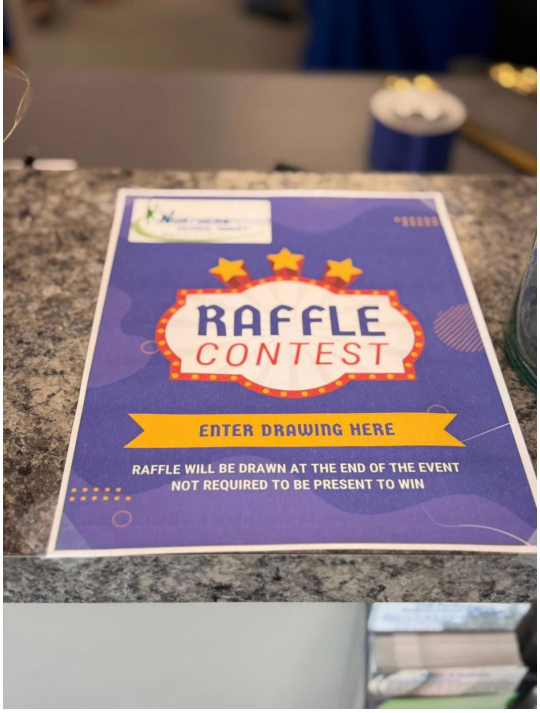
Thank You To Our Rochelle Community

A big thank you to our Rochelle community and the Rochelle Chamber of Commerce for supporting our recent Rochelle Clinic Open

House! We had a wonderful evening connecting with our community, sharing our new space, and celebrating together.

We're grateful for everyone who stopped by and made the event such a success. Below are a few highlights from the night, courtesy of Rochelle Chamber of Commerce.



Our recent Rochelle Open House and clinic expansion were featured in the paper! Read the full article below:

Read Article

Coat & Winter Clothing Drive

We are hosting our annual Coat & Winter Clothing Drive to benefit the Sycamore United Methodist Church Coat Ministry.

We are collecting winter items between October 6 -17. Drop off bins are located at all of our locations in DeKalb, Genoa, and Rochelle.

Thank you in advance for helping those in need in our community!

More Info

FREE Lunch & Learn Presentation
Fall & Injury Prevention

In partnership with the Kishwaukee Family YMCA, our FREE presentation will be on **Thursday, Oct. 16 at 11:00 am**.

"Fall & Injury Prevention" will be presented Physical Therapist Kristin Christian.

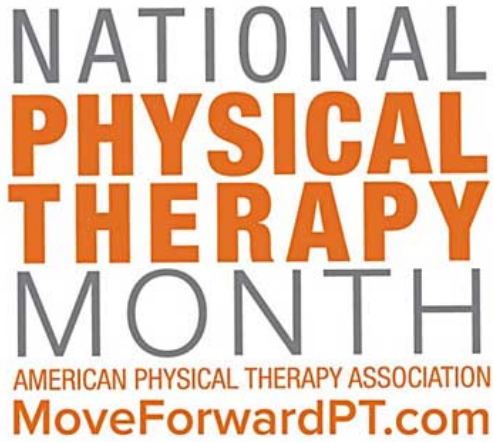
Attendees learn how to identify fall risk factors, effects of falls, guidelines to prevent falls, and balance exercises to minimize fall risk.

This popular event is FREE and space is limited, so pre-registration is required. Spots fill up fast, so register today!

Learn More

Register

October is Physical Therapy Month



October is a month-long celebration for Physical Therapy Month!

All month long we will focus on raising awareness and how physical therapists help to improve the quality of life by restoring and improving your ability to function. We'll also share educational information and tips for you to use in your daily life. Be sure to check out our social media platforms, our next newsletter, and our website to view all of this valuable information.

Read more about PT Month blog post below:

Read Blog

Welcome Beth

We are pleased to welcome Beth to our Northern Rehab team! She'll be working in our Genoa clinic as a Physical Therapy Technician.

Please help us welcome Beth if you see her!

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 14 consecutive years (2012 - 2025)***
- ***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, 2025)***
- ***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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