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Northern Rehab PT Newsletter

Visit our Website

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You're Invited!

Rochelle Clinic Open House

Please 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

Happy Anniversary To Our Rochelle Clinic

September marks another anniversary for Northern Rehab! We're celebrating 24 years of serving the Rochelle community!

Aaron, Janet, Marshall and Teresa look forward to helping our Rochelle area patients move more, feel better, and return to the activities they enjoy!

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. There are a few spots left, so register today!

Learn More

Register

September is Fall Prevention Month
Balance Awareness and Fall Prevention Weeks

September is Fall Prevention Month! Balance Awareness Week is September 14 - 25, a week designated by the Vestibular Disorders Association to increase awareness about vestibular disorders and support patients in their journey back to balance.

National Fall Prevention Week is also celebrated this month from September 22 - 26, which includes a similar goal to educate and inform our community about fall risks and prevention.

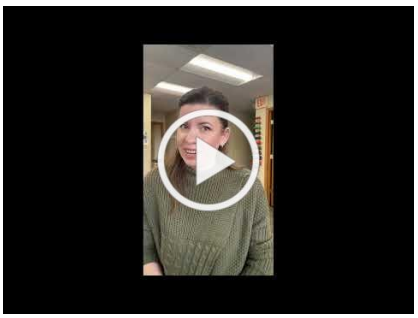
Enjoy two short educational videos by our Physical Therapist, Kristin Christian below.

At the time of recording this video, Kristin mentions a different clinic location. She now treats patients at our DeKalb facility and is here to help you improve your balance!

This video explains how our balance system works, three things balance does for you to help you remain upright and not fall, and the good news…when working on balance improvements you can see improvement much faster than if you're just strengthening muscles.

Below Kristin explains how physical therapists calculate your fall risk,

the number of issues that may cause a risk for a fall, and how to help improve your mobility so you can return to the activities you enjoy.



Stay Steady: Tips for Fall Prevention Month

September marks Fall Prevention Month — a time to spotlight an issue that's far too common for adults over 65, but that doesn't have to be inevitable.

Each year, one in four older adults experiences a fall, and many of those falls lead to serious injuries like fractures or head trauma.

The good news? With simple lifestyle changes, targeted strengthening exercises, and a few adjustments around the home, you can dramatically reduce your risk and stay steady on your feet. Read more in our blog post below:

Fall Prevention Tips

Thank You DeKalb County!

We are so honored and thrilled to share that Northern Rehab has been voted DeKalb County's Best Physical Therapists for the 14th consecutive year!

Additionally, we were voted Best in Women's Health!

It's not just an award to us; it's a testament to the relationships we've built and the lives we've positively impacted. We're dedicated to continuing to provide

the highest quality of care and helping our patients improve their health. Thank you for your votes - your support and trust mean the world to us!

With heartfelt gratitude,

The Northern Rehab Team

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!

Northern Rehab Physical Therapy Specialists
3266 Sycamore Road | DeKalb, IL | 815.756.8524
540 E. Main Street | Genoa, IL | 815.784.6417
1211 Currency Court | Rochelle, IL | 815.562.3299
www.northernrehabpt.com

STAY CONNECTED ON ALL OF OUR SOCIAL PLATFORMS:

Bluesky **Threads**

Northern Rehab Physical Therapy Specialists | 3266 Sycamore Road | DeKalb, IL 60115 US

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