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NORTHERN REHAB PHYSICAL THERAPY Specialists

Northern Rehab PT Newsletter

Visit our Website

In This Edition:

- Free Event: Running Injuries & Prevention
- "Freezin' For Food" Drive
- Honoring Our Veterans
- Colder Weather Warm Ups & Cool Downs
- Use Unclaimed Insurance Benefits
- Coat Drive Thank You
- Find Us on Bluesky and Threads

FREE Lunch & Learn Presentation
Running Injuries & Prevention

In partnership with the Kishwaukee Family YMCA, our FREE presentation will be on **Thursday, Nov. 20 at 11:00 am**.

"Running Injuries & Prevention" will be presented Physical Therapist Lauren Pinnow.

Attendees learn common running-related injuries and effective strategies to stay injury-free. Perfect for runners of all levels looking to improve performance and longevity.

This event is FREE but space is limited, so pre-registration is required. Sign up TODAY!

Learn More

Register

"Freezin' For Food" Drive

We're proud to support T.D. Ryan's **Freezin' for Food Event**, sponsored by the **Kishwaukee DeKalb Kiwanis**! This community effort helps stock the **DeKalb Salvation Army Food Pantry** and provide meals to local families in need.

We are collecting non-perishable food items at our DeKalb or Genoa locations between **November 10 and December 3**.

Donations will be delivered during the Freezin' for Food event and distributed to the Salvation Army Food Pantry.

Every can and box makes a difference—together we can help fight hunger and spread warmth this season!

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

More Info

Honoring Our Veterans

In honor of Veterans Day, we're highlighting Northern Rehab veteran Rob Larkins.

Rob served on active duty in the U.S. Army as a Combat Engineer and Corps of Engineers Deep Sea Diver from 1989 to 1994, including deployments to Iraq during Operations Desert Shield and Desert Storm (1990–91) and to Somalia during Operation Restore Hope in 1993. He later served with the 20th Special Forces Group from 2007 to 2021 in the National Guard. During that time, he deployed to Afghanistan in 2009-2010 as part of a Special Operations Task Force. In 2021, he transferred to the U.S. Army Reserves and held the rank of Lieutenant Colonel until his retirement in 2025.

Thank you for your service, Rob!

As Colder Weather Arrives Remember to Warm Up and Cool Down

Colder weather means some changes to how we exercise. Of course it's harder to motivate yourself to get outside for a run or walk when the

temperature drops, and the shorter days compress our schedules, but there are changes in your body that affect your ability to exercise too. This isn't to say that you shouldn't be active outdoors in the cold, it just means you may have to make a few changes to your routine. Below are a few tips:

Read Article

Don't End The Year With Unclaimed Benefits

As we near the end of 2025, deductibles, health savings and flex spending accounts are about to renew for 2026. Don't miss out on unclaimed benefits - consider using your medical insurance and medical flex spending account to take care of your re-occurring muscle or joint issues before the end of the year. No prescription is required, and you won't have to wait long for an appointment, so you can start feeling better right away!

Coat Drive Success and Thank You

We're proud to share that our recent coat drive was a huge success!

Thanks to the generosity of our community, we collected an incredible amount of coats and winter items and

delivered them to the Sycamore United Methodist Church Coat Ministry.

Your donations will help keep our neighbors warm and cared for throughout the winter season. Thank you for helping us make a difference!

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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Bluesky **Threads**

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