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Northern Rehab PT Newsletter

Visit our Website

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FREE Lunch & Learn Presentation
Fall & Injury Prevention

JUST A FEW SPOTS LEFT!!!

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.

JUST A FEW SPOTS LEFT! This event is FREE but space is limited, so pre-registration is required. Sign up TODAY!

Learn More

Register

Coat & Winter Clothing Drive

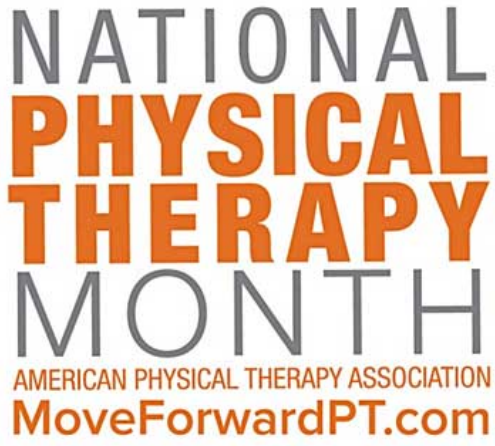
We are hosting our annual Coat & Winter Clothing Drive to benefit the Sycamore United Methodist Church Coat Ministry.

We are collecting winter items through October 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

Physical Therapy Month Continues



As we continue Physical Therapy Month, we're sharing several links courtesy of ChoosePT.com on how physical therapists can help you get back to the activities you enjoy.

Please reach out to us with any questions regarding any of these issues or if we can help you or someone you know start feeling better and get back to the activities you enjoy.

Physical therapy helps you recover and prevent injuries such as:

- ACL Tear
- Shoulder Labral Tear
- Little League Shoulder
- Achilles Tendon Injuries
- Shin Splints
- Groin Strains
- Concussions
- Fall Prevention

Physical therapy helps manage pain, avoid surgery, and minimize use of prescription drugs for issues including:

- Low Back Pain
- Herniated Disc
- Neck Pain
- Hip Pain
- Osteoarthritis of the Knee
- COPD
- Chronic Pain

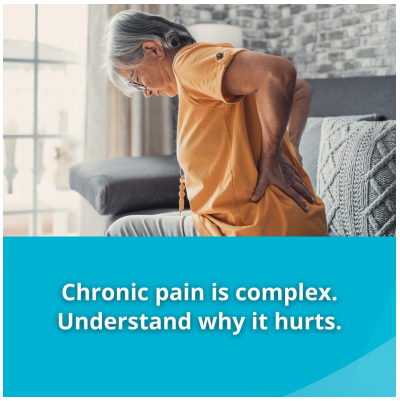
Physical therapy can help prevent or improve many chronic conditions such as:

- Diabetes
- Chronic Fatigue Syndrome
- Headaches
- Heart Disease

Physical therapy helps improve your movement and fitness:

- Running
- Cycling
- Gardening
- Pool Exercises
- Overcome Barriers to Physical Activity

PT For Chronic Pain: A Path To Lasting Relief



This month is the perfect opportunity to spotlight how physical therapy can make a difference for the millions of Americans living with chronic pain. According to the CDC, nearly one in four U.S. adults now experience pain lasting three months or longer, a number that continues to rise. If you're among them, you're not alone — the good news is physical therapy offers safe, effective options to address the root causes of pain and help you move, feel, and live better. Learn more in our latest blog post below:

Read Article

Recognizing Our Amazing Team

As Physical Therapy Month continues, we'd like to thank our Physical Therapists, PT Techs, and front office staff for their dedication, hard work, and efforts in making your PT appointment as comfortable as possible. From a friendly smile upon your arrival and throughout your PT appointment, we strive to provide the very best patient care possible!

Cheers to our amazing Northern Rehab team!

Meet The Northern Rehab Team

Congratulations Liza

Congratulations to physical therapist, Liza Piper, on celebrating 20 years with our Northern Rehab team!

Her dedication, compassion, and commitment to helping our patients move better and

feel better have made such a lasting impact. We're so grateful for all she does each day — here's to 20 amazing years and many more ahead! Congratulations, Liza!

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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