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Northern Rehab PT Newsletter

Visit our Website

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"Freezin' For Food" Drive

Just a few days left to donate to our **Freezin' for Food Drive**!

We are collecting non-perishable food items at our DeKalb or Genoa locations through this **Wednesday, 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

Vote In The Top Workplaces Contest

We love community contests!

The Daily Chronicle is conducting their annual DeKalb County Top Workplaces Readers' Choice Contest!

Please consider voting for Northern Rehab in the following categories:

- HEALTHCARE COMPANY/FACILITY
- FAMILY-OWNED BUSINESS
- SMALL EMPLOYER
- COMPANY THAT GIVES BACK TO THE COMMUNITY

You may vote once per day now through December 21!
It's simple, quick, and only takes a few minutes!

Thank you for your continued support in these contests and for choosing Northern Rehab!

VOTE

Tips To Stay Fit & Healthy In Colder Weather

We've had a beautiful fall, but as temperatures get colder and schedules fill with holiday plans,

staying healthy can feel like a challenge.

Read our blog below with five simple tips to help you stay on track this season.

Read Article

Move Better, Hurt Less: Aquatic Therapy For Low Back Pain

Low back pain is one of the most common and frustrating conditions we treat — but what if relief could feel a little more buoyant? According to recent research, aquatic physical therapy offers a low-impact, highly effective way to ease lower back pain by utilizing the buoyancy of water.

With Aquatic Physical Therapy, less pain was reported post aquatic vertical spinal traction compared to supine laying. Learn more in the article below published by Canadian Aquatic Rehab.

Northern Rehab offers aquatic physical therapy in DeKalb/Sycamore and Rochelle, giving patients the opportunity to move, heal, and recover with less pain and more confidence.

Read Article

Learn More About Aquatic PT

Holiday Hours

As we're entering the holiday season, please keep in mind our holiday hours when scheduling

upcoming appointments.

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!

Northern Rehab Is On Bluesky and Threads

Northern Rehab is 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**

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

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