

Aug 1st - Aug 15th

www.northernrehabpt.com

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Stop in and see us at:

Northern Rehab

3266 Resource Pkwy
DeKalb, IL 60115
815-756-8524

232 W Lincoln Hwy
DeKalb, IL 60115
815-756-2369

1211 Currency Ct.
Rochelle, IL 61068
815-562-3299

540 E. Main St., Suite 5
Genoa, IL 60135
815-784-6417

Check out our new clinic!

Located near the university close to the corner of Pearl and Lincoln Hwy, our new DeKalb location is officially open! Our new clinic will give DeKalb customers added flexibility and convenience.

Staffed by Kristin Christian, DPT, this new clinic specializes in all of your physical therapy, work conditioning, and balance disorder needs.

The next time you need physical therapy, remember our new clinic!



Back to School

As you are preparing to go back to school yourself or to send your children off to school it is important to be aware of these important safety tips.

Backpack Safety: Backpacks should only be 10 to 15% of the child's bodyweight. The straps should be worn on both shoulders to evenly distribute the weight. Straps should be wide and allow adequate arm movement. The backpack should rest evenly over the middle of the back and not below the lower back. Wearing a backpack that is too heavy or that fits improperly can cause poor posture or back pain.

Sport Safety: If you or your children are involved in school or recreational sports make sure to be aware of these safety tips.

- Understand the importance of a proper warm-up, stretching and flexibility exercises. Flexibility is the ability to move

Victory for Physical Therapy!

On July 23rd Governor Pat Quinn vetoed Senate Bill 2635, "An ACT concerning professional regulation." This fee-splitting bill proposed to allow for physicians to own other medical professions or ancillary services such as Physical Therapy and diagnostic imaging. Governor Quinn stated that he is "committed to protecting affordable and accessible health care for the people of Illinois. The bill...does not go far enough to protect patient choice, restrict fee-splitting

joints through their entire range of motion, and is determined by many factors such as the length and elasticity of muscles and ligaments and the shape of the bones and cartilage that forms the joint.

- Make sure that you use all workout equipment safely. Improper use of the equipment could cause injury to joints and muscles.
- Establish an appropriate hydration and nutrition routine. This is important for maintaining enough energy for all the sporting activities. Hydration can prevent potentially serious sports-related complications caused by dehydration.
- Make sure to ask your Physical Therapist for important safety tips and good stretches for your particular sport.

practices, and limit self referrals within the health care industry."

The Illinois Physical Therapy Association supports Governor Quinn's decision. The citizens of Illinois deserve affordable health care that is free of unnecessary conflict of interest and fee splitting. To learn more about this bill or other Physical Therapy news go to www.ipta.org.