

Stop in and see us at:

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

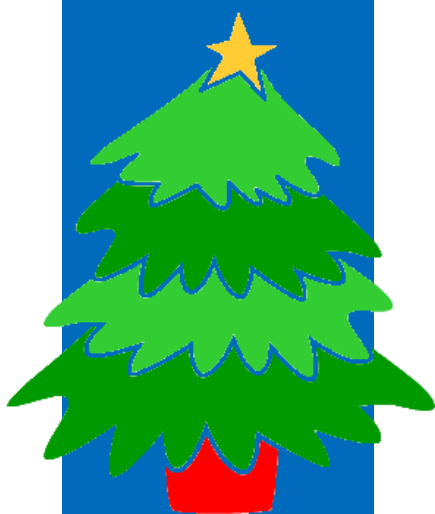
1211 Currency Ct.
Rochelle, IL 61068
815-562-3299

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

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



December 16th-31st



Fun Holiday Facts

- Germany created the first artificial Christmas trees, made from goose feathers dyed green.
- Electric lights were first used on trees in 1895.
- "Jingle Bells" was originally written for Thanksgiving.
- If you received all the gifts from the song "Twelve Days of Christmas", you would receive 364 gifts.
- Charles Dickens wrote "A Christmas Carol" in just six weeks.
- "Christmas" trees were first used in pagan rituals celebrating the winter season.
- It is estimated that 20% of American shoppers finish their shopping on Christmas Eve.

***Happy Holidays from all of us at
Northern Rehab!***

Winter Sports Safety

With the weather growing cold, we'll soon see plenty of snow and ice across the landscape. Just as the weather changes, so do the popular winter sports: sledding, skating, hockey, snowboarding, and skiing. However, the chance for injury grows because seasonal winter sports do not typically allow for much off-season preparation and practice. This makes it all the more important to follow these specific safety guidelines:

- You should always wear sport-specific equipment and safety gear. This is especially important in regards to wearing a helmet.
- Dressing for the cold is essential. Clothing should be layered and the outermost layer should be waterproof.
- Even though it is cold, the weather can quickly dehydrate a person during sporting activities. Drink plenty of fluids to remain hydrated!
- Sunscreen should still be used during extended exposure to sunlight, particularly because snow's reflectiveness can intensify sun exposure.



northernrehabpt.com