

May 1st - May 15th

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Stop in and see us at:

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To help you with this, Northern Rehab is giving out FREE pedometers at all of our locations. A pedometer hooks onto your belt and counts the number of steps taken.

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What is Direct Access and Why Does it Matter to You?

Direct Access is the ability to be evaluated and treated by a licensed physical therapist without first visiting your physician for a referral. Direct Access is practiced in 45 states and the District of Columbia. In the state of Illinois physical therapy services require the referral of a physician. This limitation does not acknowledge the professional training and expertise of a licensed physical therapist. It also causes you, the patient, to spend more time and money scheduling an appointment with their physician instead of immediately obtaining treatment from a physical therapist.

Physical therapists are well-qualified, both through formal education and clinical training,

to evaluate a patient's condition, assess his or her physical therapy needs and, if appropriate, safely and effectively treat the patient. Physical therapists are also well-qualified to recognize when patients demonstrate conditions, signs and symptoms that should be evaluated by other health care professionals before therapy is instituted. Physical therapists recognize when it is appropriate to refer patients to these other health care professionals for consultation.

How does Direct Access benefit you?

If you are injured and physical therapy is appropriate for your condition, then you will be able to seek treatment and relief of your symptoms earlier in your

recovery. Direct Access also will decrease costs of care by reducing doctors visits, and more often than not, if you are seen closer to the time of injury, your recovery time will be shorter, which also decreases the overall cost of treatment. By amending the physical therapy practice act in Illinois, it would provide the public with an additional entry point into the traditional medical system, increased choice in the selection of a health care professional, access to less expensive and timelier care, and a simple, yet, extremely effective way to meet the goals of increased access and cost containment. **Talk to your physical therapist to learn more about Direct Access!**

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We all understand that regular exercise is essential for preserving physical health and preventing injuries and chronic health problems such as obesity, diabetes and heart disease.

But do the benefits of regular exercise end there? Numerous researchers have found a direct

link between physical activity and psychological and emotional well-being. Aerobic exercise will result in more oxygen enriched blood and decrease stress hormones; it has been shown to be effective in decreasing stress and anxiety. And resistance training has been shown to improve self-image and perception. It is

important to recognize that your physical and mental health are intertwined and affect one another.

Taking care of your body will in turn take care of your mind. Choosing activities that you enjoy will only benefit your overall well-being even more.