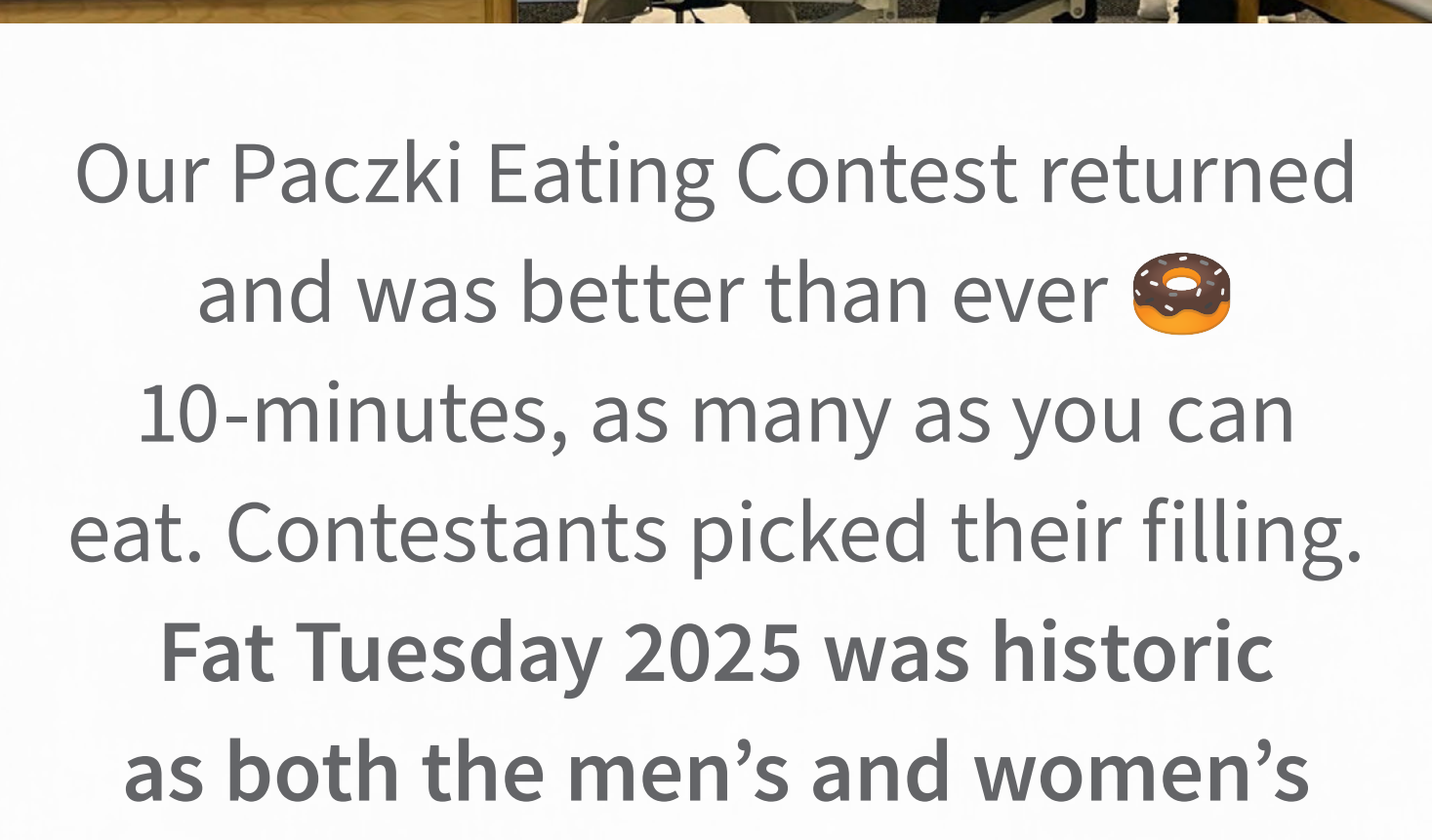


HULST JEPSEN
PHYSICAL THERAPY

APRIL 2025 NEWSLETTER

All clinics will close at
Noon on Friday, April 18
in observance of Good Friday.



Our Paczki Eating Contest returned and was better than ever 🍩
10-minutes, as many as you can eat. Contestants picked their filling.
Fat Tuesday 2025 was historic as both the men's and women's records were broken!



Luke DeLong, DPT took first place for the men by eating 8!

(the previous record was 7 - previously held by Joel Kits, DPT, and Brett Cain, DPT).



Caledonia tech, Josie Meengs, took first place for the women by eating 5.5 (the previous record was 4, held by another former Caledonia tech - and the only other woman to enter the competition before last night!)



Honorable mentions to: Shawn Collins, DPT who set a personal record of 7, Caledonia patient, Ashley, who also broke the previous women's record by eating 4.5, and Caledonia patient, Andrew, who ate 5.5 Paczkis.



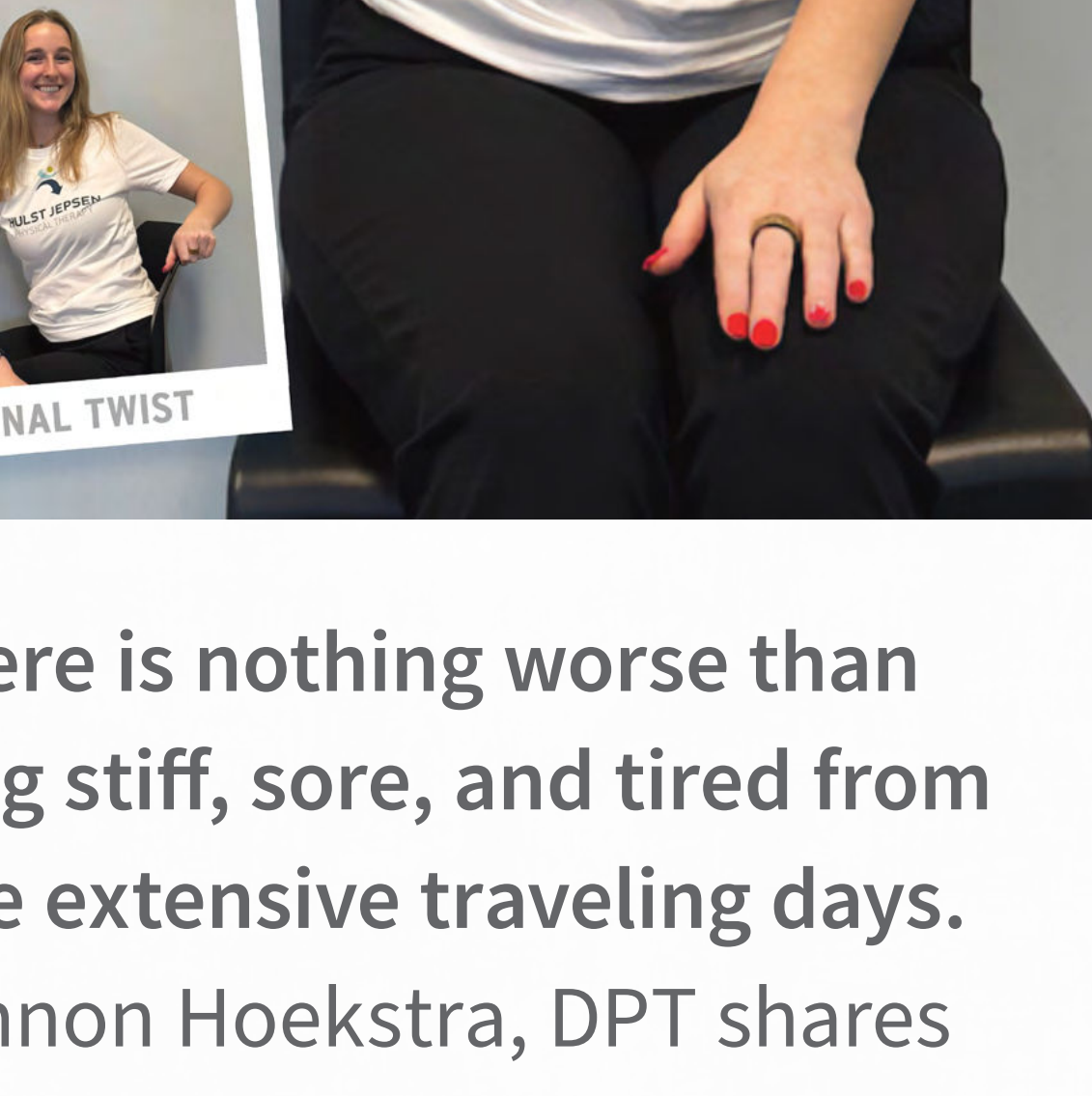
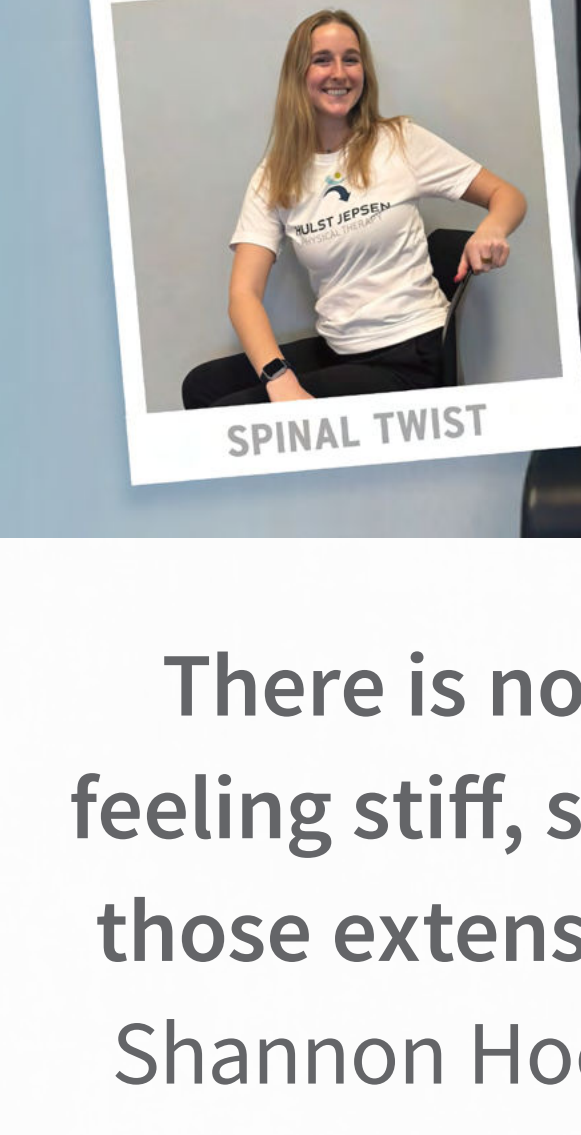
Thank you to everyone who stopped by our booth at the 2025 West Michigan Women's Expo at DeVos Place 🙌

We had a great time connecting with the community and helping women make informed decisions about their health 💙

TRAVELING TIPS & TRICKS

NEW BLOG BY: SHANNON HOEKSTRA, DPT

NECK
STRETCH

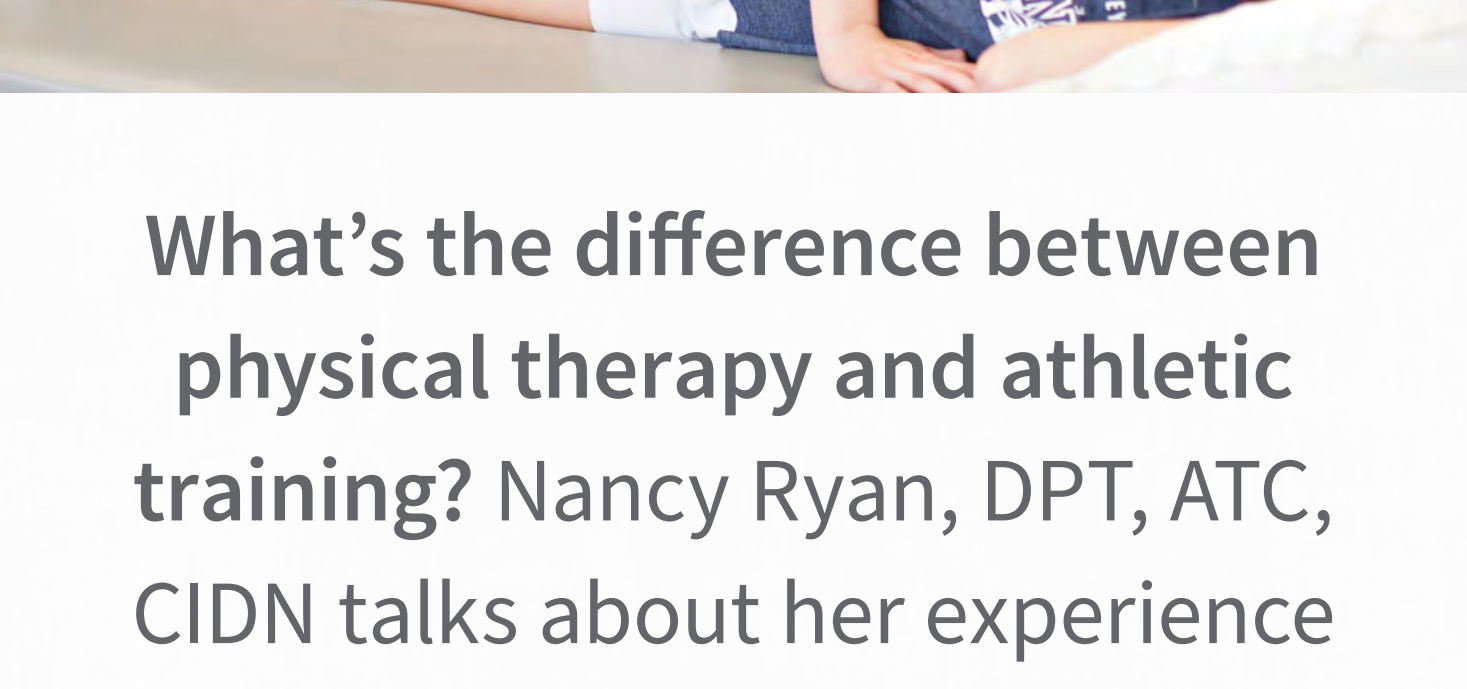


There is nothing worse than feeling stiff, sore, and tired from those extensive traveling days. Shannon Hoekstra, DPT shares her favorite travel stretches to keep your body feeling its best for vacation!

[READ BLOG](#)

ATHLETIC TRAINER **VS** PHYSICAL THERAPIST

NEW BLOG! BY NANCY RYAN, DPT, ATC, CIDN

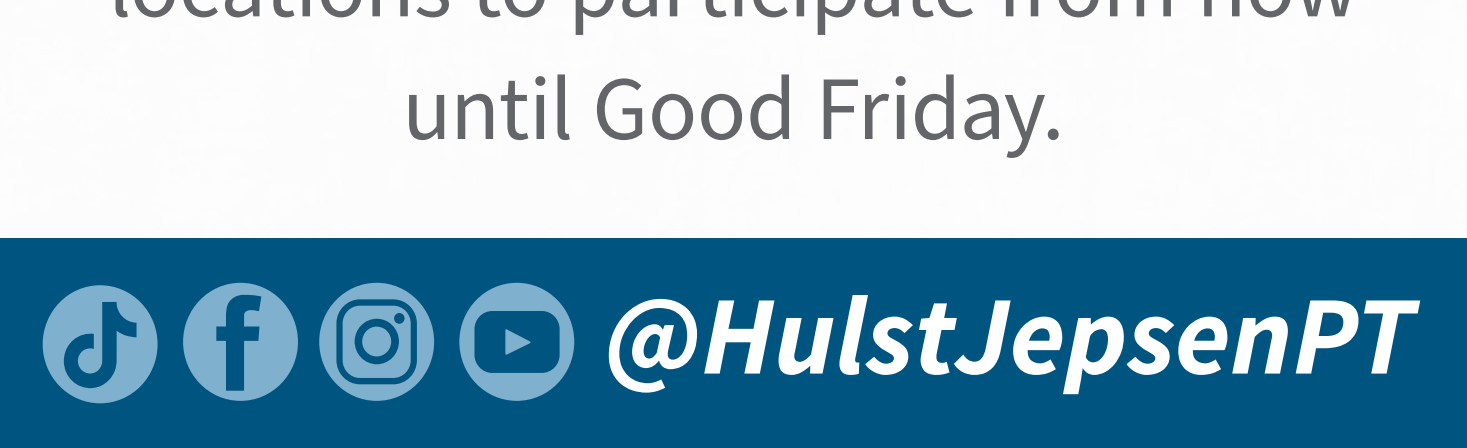


What's the difference between physical therapy and athletic training? Nancy Ryan, DPT, ATC, CIDN talks about her experience as both an athletic trainer and physical therapist! Did you know each career requires different training, certifications, & degrees?

[READ BLOG](#)

CAN YOU GUESS HOW MANY CANDIES ARE IN YOUR CLINIC'S EASTER EGG?

THE CLOSEST GUESS WINS THE EGG!



Submit your guess at your clinic's front desk! Stop by any of our 24 locations to participate from now until Good Friday.