

APRIL 2022 NEWSLETTER

3 NEW LOCATIONS NOW OPEN!



26 NORTH STATE ST.

ZEELAND



14111 WHITE CREEK AVE.

CEDAR SPRINGS



17272 ROBBINS RD.

GRAND HAVEN

IN OBSERVANCE OF GOOD FRIDAY, ALL CLINICS WILL CLOSE AT NOON ON FRIDAY, APRIL 15TH

FOR MORE INFORMATION: CALL YOUR HULST JEPSEN CLINIC

MEET OUR NEWEST PHYSICAL THERAPIST



CARLY BEYER, DPT

Carly is a licensed physical therapist at our Greenville clinic. She grew up in Sand Lake, MI, and obtained a Bachelor of Science from Grand Valley State University. She then attended Western Michigan University where she earned her Doctorate in Physical Therapy.

In her free time, she enjoys watersports, downhill skiing, camping, walking her dog, embroidery, and crafts!

WELCOME TO THE TEAM, CARLY!

UPCOMING EVENTS

hjphysicaltherapy.com/upcoming-events

HEARTS IN MOTION 5K THURS - APRIL 21



Hulst Jepsen is a proud sponsor of the 2022 Hearts in Motion 5K in Zeeland. Join us on Thursday, April 21st at Compassionate Heart Ministries for this 5K!

Compassionate Heart Ministries is a fun, Christ-centered, and safe place for people ages 14 to 45 with mild to moderate disabilities to come, hang out, and make friends!

RIVERTOWN RACES SATURDAY - APRIL 23

Hulst Jepsen is a proud sponsor of the Rivertown Races, including a Half Maraton, 10K, and 5K at Millennium Park. Pick your distance and come join us!



Rivertown Races is owned and managed by a local Christian urban youth ministry, Bridge Street Ministries. BSM supports the spiritual, academic, and social development of local youth, helping them become the future leaders of our community.

100% of the proceeds of Rivertown Races go to the advancement of the mission of Bridge Street Ministries.

PELVIC FLOOR WORKSHOP THURS - APRIL 28

Hulst Jepsen is partnering with Club Pilates to host a FREE Pelvic Floor Workshop at Club Pilates (Knapp's Crossing location).

The workshop will be taught by four of our pelvic floor physical therapists (Perla, Katie, Amanda, and Haley) and will take place on Thursday, April 28th at 2 pm.

CHECK OUT OUR LATEST BLOGS



HOW SLEEP AFFECTS RECOVERY

“As most of us know, it is recommended that a person gets 7-9 hours of sleep each night. However, do you know why sleep is so important? More specifically, why sleep is so essential for recovery after an injury or surgery?”

- Nicole McCarrell, PTA



WHAT IS DRY NEEDLING?

“Both acupuncture and dry needling puncture the skin with a thin, monofilament needle to be used for therapeutic purposes... while both can be clinically effective, the similarities end here.”

- Cathryn Fischer, DPT