

ALL CLINICS WILL BE CLOSED JULY 4TH IN OBSERVANCE OF INDEPENDENCE DAY



JULY 2022 NEWSLETTER

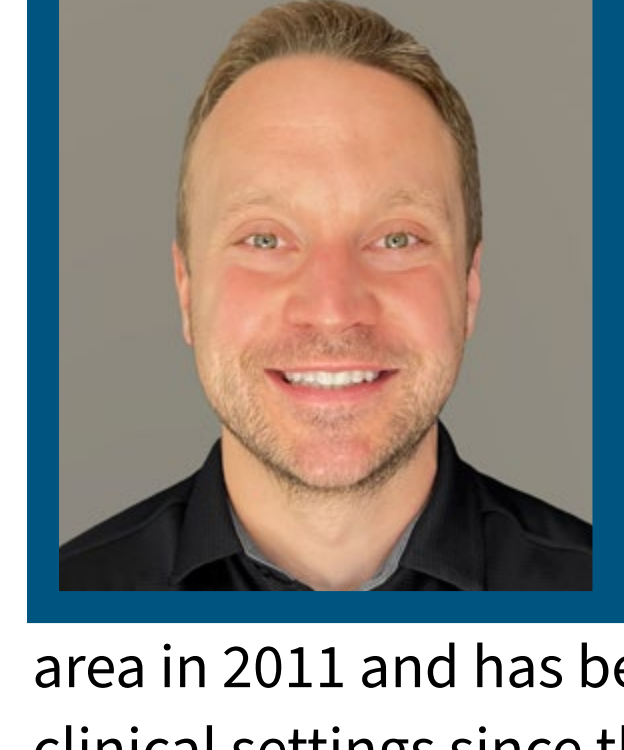
THANK YOU, BOB!

Thank you for your dedication and hard work at our Rockford clinic over the last 10 years at Hulst Jepsen and in the Rockford community! We all cherish the memories we have had. Thanks again for all your years of service! We will miss having you on our team!



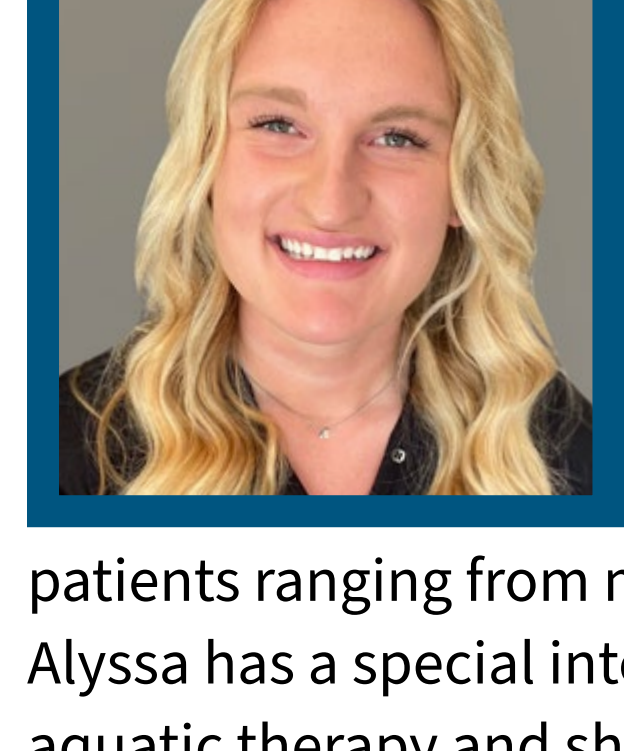
ENJOY YOUR RETIREMENT!

MEET OUR NEW PHYSICAL THERAPISTS



KEVIN CHURCHILL, DPT

Kevin is a licensed physical therapist working at our Northeast Grand Rapids location! He is a University of Michigan and Northwestern University graduate. Kevin moved to the Grand Rapids area in 2011 and has been practicing in outpatient clinical settings since then. In his free time, Kevin enjoys spending time with his wife and daughter, watching sports, running, traveling, and good food!



ALYSSA VANBEEK, PTA

Alyssa is a licensed physical therapist assistant at our Jenison and Hudsonville clinics! She graduated from Baker College of Muskegon and has experience working with a wide variety of patients ranging from middle-aged to geriatrics. Alyssa has a special interest in sportsmetrics and aquatic therapy and she hopes to obtain certification in those specialties. In her free time, she enjoys playing volleyball, family time, working out, & making fancy coffees at her coffee bar.

WELCOME TO THE TEAM!

UPCOMING EVENTS

hjphysicaltherapy.com/upcoming-events

CALEDONIA KILT KLASSIC 5K **SAT, JULY 2**

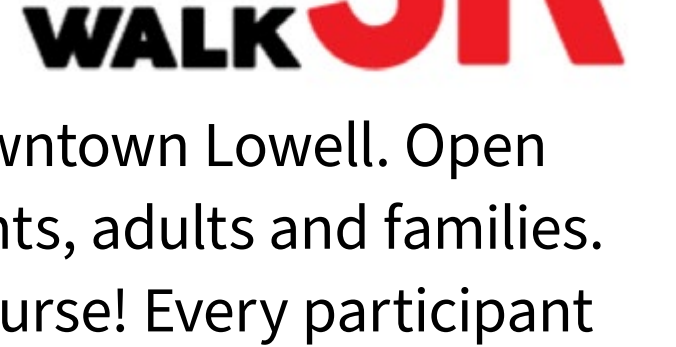
We are proud sponsors of the Caledonia Kilt Klassic 5K starting & ending on Caledonia's High School track & through the Thornapple Trail!



All proceeds benefit the High School's Track & Field and Cross Country programs. Kids FUN RUN after the 5K (choice of 100, 400, or 1600 meters). Visit the [events page](#) listed above for more information.

RUN THE RIVERWALK 5K **JULY 9**

We are a proud sponsor of the Run the Riverwalk 5K in Lowell. This is a family-friendly route in downtown Lowell. Open to walkers, runners, students, adults and families.



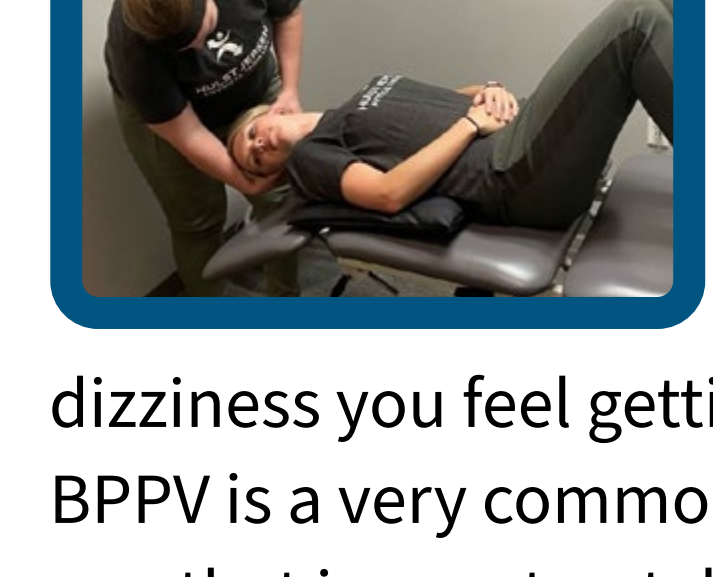
This is a stroller-friendly course! Every participant will receive a medal and the event will be chip timed. All proceeds will support a community of widows and orphans in Eswatini, Africa. Visit the [events page](#) listed above for more information.

RIVERWALK FESTIVAL **JULY 7 - JULY 9**

Join us for the 2-night and 1-day family fun festival held in Historic Lowell! Featuring a duck raffle, arts & crafts, vendors, food, entertainment, car cruise-in, rumble and fireworks. Check out the newly added bingo, used book sale, kayak fun, 5k run and walk, and ducky derby! Visit the [events page](#) above for more information.

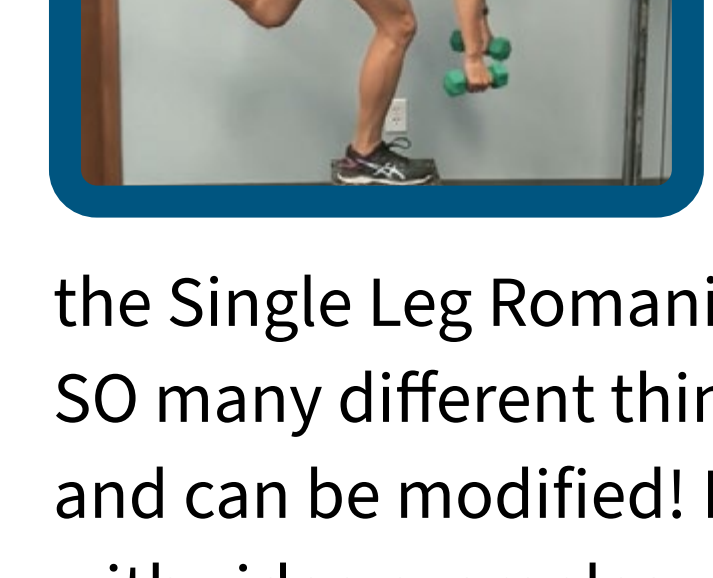


CHECK OUT OUR LATEST BLOGS



TREATING MS AT DIFFERENT STAGES

“Did you know you don't necessarily have to live with that dizziness you feel getting in and out of bed? BPPV is a very common form of vertigo and one that is very treatable in possible just a few visits!” - Alicia Shephard, DPT



WHAT IS A PT'S FAVORITE EXERCISE?

“If I had to pick my absolute favorite exercise it would be the Single Leg Romanian Deadlift. It works SO many different things at the same time and can be modified! Here are variations with video examples...” - Tamara Kas, DPT