



NOVEMBER 2022 NEWSLETTER

PUMPKIN 2022 CONTEST

YOU VOTE THE WINNER!

NOW ON OUR FACEBOOK



UPCOMING EVENTS

hjphysicaltherapy.com/upcoming-events

HOLD ME BACK 3V3 TOURNAMENT

NOV. 5

We are proud to sponsor the 6th annual “Hold Me Back” Mac 3v3 basketball tournament at Caledonia High School! Join us in celebrating Macayla’s life and help fund the “Macayla Lee Kohn Scholarship Fund” which furthers the education of Caledonia High School graduates every year.

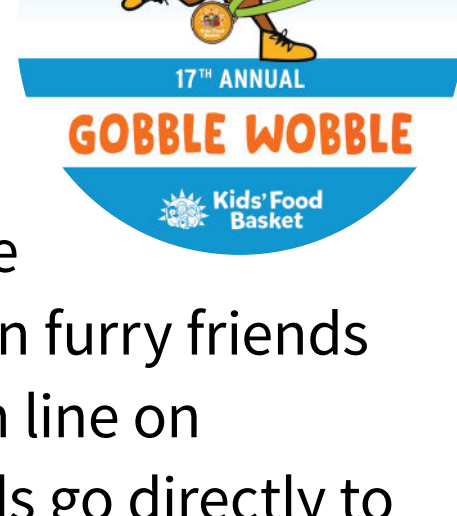
Please visit mk16.org for more information.



GOBBLE WOBBLE 5K

NOV. 24

Hulst Jepsen Physical Therapy is proud to be sponsoring the Gobble Wobble for the 6th consecutive year! Join us as **Kids’ Food Basket** hosts the 17th annual Gobble Wobble fun run and walk. We invite friends, family, neighbors, and even furry friends to run, walk or wobble to the finish line on Thanksgiving morning! All proceeds go directly to Kids’ Food Basket. **Visit our events page for more.**



USE CODE [HJWobble5](#) TO GET \$5 OFF YOUR REGISTRATION FEE!

HOLIDAY HOURS

THANKSGIVING: ALL CLINICS ARE CLOSED

BLACK FRIDAY: OPEN UNTIL NOON (VARIES BY CLINIC)



Have a Blessed

THANKSGIVING

OUR TEAM IS GETTING BIGGER!



Mari Hillary, DPT

Mari is a licensed physical therapist at our East Grand Rapids clinic! She graduated from Grand Valley State University with a Bachelor of Science in Psychology and

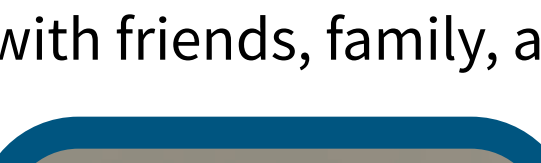
continued her education at GVSU with a Doctorate of Physical Therapy in 2009. Mari enjoys spending time with family and friends, traveling, being on the lake, reading a good book, and eating her husband’s delicious home-cooked meals.



Sebastian Vanderest, DPT

Sebastian is a licensed physical therapist at our Byron Center clinic! He obtained a Bachelor of Science in Exercise Science from GVSU and

then continued his education at GVSU, earning his Doctorate of Physical Therapy in 2022. In his free time, Sebastian loves to run, train for triathlons, play adult league volleyball and soccer, and spend time with friends, family, and fiancé.



Kailey Danaher, DPT, ATC

Kailey is a licensed physical therapist at our Standale location. She grew up in Northville, Michigan and moved to West Michigan to attend GVSU where

she earned her Doctorate in Physical Therapy. She received her Bachelor of Science in Athletic Training at the University of Michigan where she worked with high-level athletes in a variety of sports. In her free time, Kailey loves playing soccer, hiking, and spending time with her boyfriend, Stephen, and their rescue dog, Bruno.

CHECK OUT OUR LATEST BLOGS



SLOW AND STEADY

“Recovery and rehab from pain and injuries can be a slow and steady process. Here

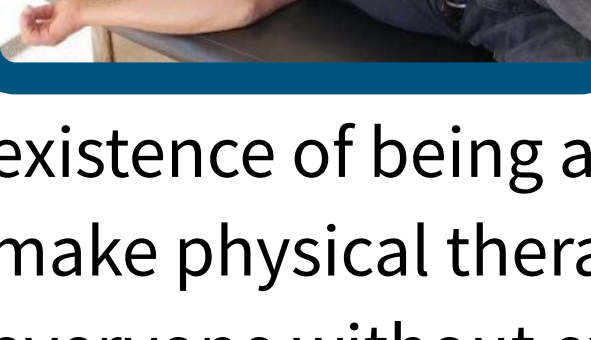
are a few tips to consider with returning to activity...” - **Nancy Ryan, DPT**



3 EXERCISES TO ADD TO YOUR DAILY ROUTINE

“Regular exercise is one of the best things

you can do for your overall health. Here are easy exercises that anyone, regardless of age or fitness level, can start doing every day to be healthier...” - **Kevin Churchill, DPT**



UNDERREPRESENTED: MAKING PT MORE ACCESSIBLE

“What fuels my passion and sole

existence of being a physical therapist is to make physical therapy more accessible to everyone without exceptions...”

- **Perla Perez, DPT**



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