



HULST JEPSEN
PHYSICAL THERAPY

JANUARY 2023 NEWSLETTER

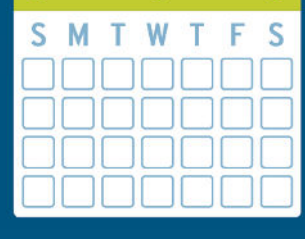
HAPPY
new year

ALL CLINICS WILL BE CLOSED
MONDAY, JANUARY 2

2022 YEAR IN REVIEW

175,000+

PATIENT
VISITS



3 NEW LOCATIONS



22
YEARS

PROUDLY
SERVING
WEST MICHIGAN

100%
LOCALLY
OWNED

28 MILLION

EDUCATIONAL
VIDEO VIEWS

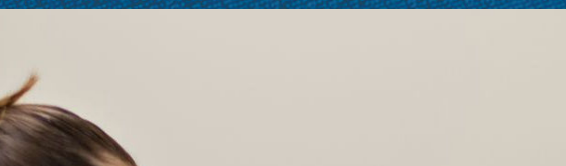
WINNER

WEST MICHIGAN'S
BEST AND
BRIGHTEST
COMPANIES
TO WORK FOR

\$77,000+

GIVEN
BACK 
TO THE LOCAL
COMMUNITY

725+



REVIEWS



NOW IN CALEDONIA

PELVIC FLOOR REHAB



HULST JEPSEN
PHYSICAL THERAPY

NOW AVAILABLE
AT 9 CLINICS!



- 1 CALEDONIA
- 2 EAST GRAND RAPIDS
- 3 GRAND RAPIDS CITY
- 4 GRAND RAPIDS NW
- 5 GREENVILLE

- 6 LOWELL
 - 7 ROCKFORD
- PELVIC REHAB CENTERS:
- 8 HUDSONVILLE
 - 9 WYOMING

12 EXERCISES OF CHRISTMAS

INSTRUCTION VIDEOS ONLINE

   @HulstJepsenPT

1 10-SECOND
MODIFIED PLANK

2 5-SECOND
SINGLE LEG BALANCE

3 BRIDGES

4 WALL
PUSH UPS

5 HEEL RAISES

6 BIRD DOGS

7 STANDING
HIP ABDUCTIONS

8 BENT OVER
ROWS

9 CLAMSHELLS

10 LUNGES

11 BICEP CURLS

12 SQUATS

 hjphysicaltherapy.com