



**HULST JEPSEN**  
PHYSICAL THERAPY

# MARCH 2023 NEWSLETTER

**Go Orange**

**FOOD DRIVE**



**Kids' Food Basket**

**NATIONAL NUTRITION MONTH**



## PLEASE HELP US COLLECT THESE MOST NEEDED ITEMS



- Fruit cups / pouches
- Pudding cups
- Meat sticks (i.e. Slim Jims)
- 8 lb / XL brown lunch bags



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**DONATIONS ACCEPTED AT ALL 22 CLINICS UNTIL MARCH 20<sup>TH</sup>**

## CAN YOU FIND OUR MAGICAL LEPRECHAUNS? THERE'S 3 HIDING INSIDE EACH CLINIC UNTIL ST. PATRICK'S DAY



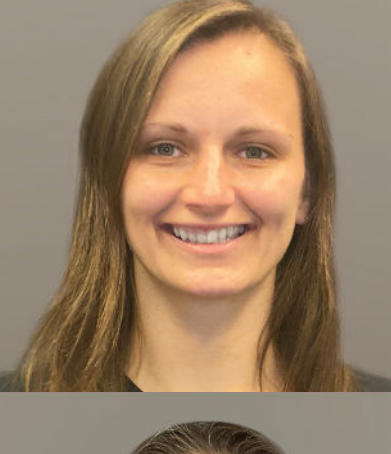
### NATIONAL **ATHLETIC TRAINING** MONTH

**SOUTH CHRISTIAN HIGH SCHOOL**  
**LISA METZGER**

**COVENANT CHRISTIAN HIGH SCHOOL**  
**ABBIE MIEDEMA**

**WYOMING PUBLIC HIGH SCHOOL**  
**TYRELL TOLLIVER**

**WEST MICHIGAN AVIATION ACADEMY**  
**HEATHER SMITH**



**DIANNA KISNER**  
**SOUTH CHRISTIAN HIGH SCHOOL**

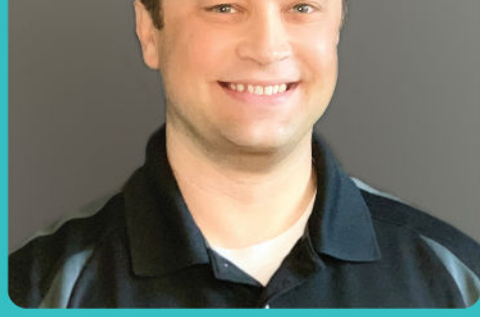
**SYDNEY FOSTER**  
**NORTHVIEW HIGH SCHOOL**

**KAYCEE LEE**  
**CALEDONIA HIGH SCHOOL**

**SEAN MANDLE**  
**LOWELL HIGH SCHOOL**

## WE LOVE OUR **TRAINERS**

### CONGRATULATIONS!



**DANNY PATTERSON, DPT**



**BROOKE CASE, DPT**



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**GRAND RAPIDS NORTHWEST**

## MEET OUR NEWEST THERAPISTS

### **AMY JOHNSON, DPT**

**HULST JEPSEN PHYSICAL THERAPY @HOME**

Amy grew up in Sturgis and Grand Rapids, MI. She earned her Doctorate of Physical Therapy degree from South College in Knoxville, TN. Amy loves spending time with her extended family and yellow lab. She also enjoys church activities, hiking local trails, going to the beach, and playing the piano.



### **AJ THOMSON, DPT**

**GRANDVILLE CLINIC**

AJ grew up in Jackson, MI and attended Hope College, Western Michigan University, and earned his Doctorate of Physical Therapy from GVSU. He loves spending time with his wife and daughter. AJ also enjoys being outside hiking, kayaking, and playing with his Blue Heeler, Luna.



### **KENDRA SHERD, PTA**

**GREENVILLE CLINIC**

Kendra grew up in the Greenville, MI area and attended Baker College of Muskegon where she earned her physical therapy assistant degree. She enjoys gardening, making crafts, going to concerts, and enjoying time with her husband, family, and granddaughters.



### **ALYSSA URHAMMER, DPT**

**GRAND RAPIDS CITY CLINIC**

Alyssa grew up in Greenville, MI and earned her Doctorate of Physical Therapy from the University of Iowa. She enjoys outdoor activities (hiking, kayaking, skiing, yard work), dog walking, biking, interior decorating, baking, reading, and spending time with friends and family.



## READ OUR LATEST BLOG

### WHAT IS THE "RIGHT" KIND OF EXERCISE?

5 MIN READ

"Lots of people have strong opinions about exercises you should always do or never do... and so many of them can't seem to agree on what is the best type of exercise..."

[hjphysicaltherapy.com/recent-news](https://hjphysicaltherapy.com/recent-news)



**SARAH JOHNSON**  
**DPT, CIDN**



**@HulstJepsenPT**