



HULST JEPSEN
PHYSICAL THERAPY

MAY 2023 NEWSLETTER



ALL CLINICS WILL BE CLOSED ON MONDAY, MAY 29TH IN OBSERVANCE OF MEMORIAL DAY

UPCOMING EVENTS

hjphysicaltherapy.com/upcoming-events

FREE GAIT ANALYSIS AT GAZELLE SPORTS



Receive a 30-minute video gait analysis, injury screen, and consultation from a Hulst Jepsen Physical Therapist! Please call (616)-940-9888 or visit Gazelle Sports (28th St SE) during store hours to schedule an appointment.

EVERY WEDNESDAY 11:30AM - 1 PM

FREE INJURY WISE AT GAZELLE SPORTS



Come to Gazelle Sports (Downtown Grand Rapids) and get ten minutes one-on-one with a sports medicine professional from Hulst Jepsen Physical Therapy to discuss your specific injury concerns! There is no appointment necessary.

FIRST & THIRD THURSDAY EVERY MONTH 6-7 PM

T.A.G. BEACH VOLLEYBALL TOURNAMENTS



We are proud to be the sports medicine provider at T.A.G. Saturday tournaments at Grand River Riverfront Park in Lowell. Stop by our tent for a FREE Physical Therapy Consultation! Register to play at tagbeachvolleyballclub.com

MAY 6 • JUNE 3 • JULY 1 • AUGUST 19 • SEPTEMBER 9

READ OUR LATEST BLOGS

hjphysicaltherapy.com/recent-news

EARTH DAY 2023

2 MIN READ

“This year’s Earth Day theme, invest in our planet, highlights the importance of dedicating our time, resources, and energy to solving the climate crisis. In honor of Earth Day... we wanted to share ways you can make an impact!” - Sierra Reece, DPT



BREASTFEEDING TIPS & TRICKS

3 MIN READ

“If you choose to breastfeed, you might be surprised at how exactly it impacts your body. As a pelvic floor physical therapist, I see lots of new moms with upper back and neck pain that can often be linked back to their nursing habits.” - Amanda Collins, DPT



[@HulstJepsenPT](https://www.instagram.com/HulstJepsenPT)