

## **JUNE 2023 NEWSLETTER**



Join us in welcoming our newest physical therapist... Quinn Lurvey, DPT!

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Quinn joined our Zeeland clinic in May and has brought great experience, care, and energy. In her free time, she enjoys golfing, hiking, reading, and adventuring in Northern Michigan!



People with chronic painful conditions, such as plantar fasciitis, achilles tendonosis, rotator cuff dysfunction,

and tennis elbow that have not responded well to traditional treatment may respond to Shockwave Therapy!

# **UPCOMING JUNE EVENTS**

hjphysicaltherapy.com/upcoming-events

#### **START OF SUMMER CELEBRATION - JUNE 8**



We are excited to be a returning sponsor of the weekend-long Start of Summer Celebration in **Downtown Rockford! Festivities** include carnival, parade, live entertainment, beer tents, duck race, fireworks, and so much more!

#### **BRIAN DIEMER FAMILY OF RACES - JUNE 10**



Come run, walk, or hand-cycle with three-time Olympian Brian Diemer on this flat and fast 5k course in South Grand Rapids! This Hulst Jepsen Physical Therapy sponsored event will have six live bands, a kids' run, prize money, and more!

#### **ZEELAND ZOOM 5K RUN & WALK - JUNE 27**



We are proud sponsors of the 14th Annual Zeeland Zoom 5k! This 3.1 mile evening adventure goes through beautiful and historic downtown Zeeland. Stop by our tent and meet the Hulst Jepsen Physical Therapy Zeeland team!

## **READ OUR LATEST BLOGS**

hjphysicaltherapy.com/recent-news

### THE IMPORTANCE OF SELF-CARE

"Balancing motherhood and work can often leave me feeling there is little time left for my own needs. However, my career as a physical therapist has helped me understand the importance of self-care." - Mari Hillary, DPT



### **TREATING THE WHOLE PATIENT**

"At Hulst Jepsen Physical Therapy, we collaborate with your other providers to discuss your full health history to ensure we do not overlook potential solutions to your pain." - Kellee Donovan, Director of Sales



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