



HULST JEPSEN
PHYSICAL THERAPY

JULY 2023 NEWSLETTER

ALL CLINICS WILL BE CLOSED JULY 4

INDEPENDENCE DAY



HULST JEPSEN
PHYSICAL THERAPY

WELCOME TO THE TEAM

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CYNDI RECK, DPT

📍 **CASCADE**

📍 **WYOMING**



Join us in welcoming our newest physical therapist... Cyndi Reck, DPT! In her free time, she enjoys traveling, trying out new restaurants, spending time at Lake Michigan, and going to the gym!

UPCOMING JULY EVENTS

hjphysicaltherapy.com/upcoming-events

CALEDONIA KILT KLASSIC 5K

JULY 1



We are proud to be a returning sponsor of the 16th Annual Caledonia Kilt Klassic! The race starts on the Caledonia High School track, runs on the Thornapple Trail, and through the school's campus.

LOWELL RIVERWALK FESTIVAL

JULY 6-8



Bring the whole family out to beautiful downtown Lowell and enjoy the many weekend events including: Classic Car Cruise, Kidz Zone, Derby Car Racing, Bingo, Rubber Duck Race, Fireworks, and MORE!

LOWELL RUN THE RIVERWALK 5K

JULY 8



Join us at this family-friendly route in downtown Lowell! Open to walkers, runners, students, and families. This is a stroller-friendly course and every participant will receive a medal! Event is chip timed.

READ OUR LATEST BLOGS

hjphysicaltherapy.com/recent-news

UPPER BODY ROCK CLIMBING INJURIES

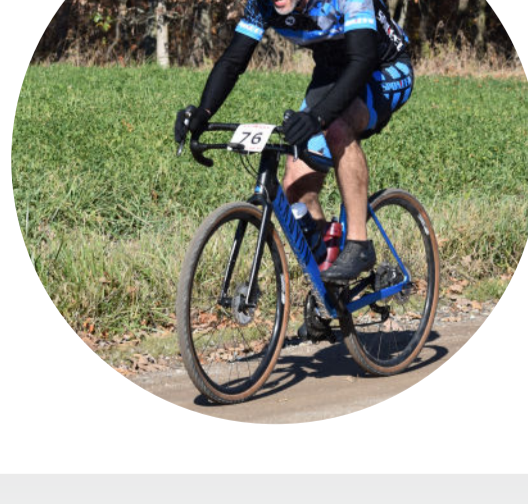
With a rise in climbing gym popularity, there is also a rise in climbing-related injuries.



Katie Thomas, DPT talks about the sport and how physical therapy can help!

CYCLING: CHOOSING THE RIGHT BIKE

Matt Schmitz, DPT talks about common biking injuries, how to choose the right bike to prevent injury, and tweaks to optimize your riding position!



WE'RE HIRING



HULST JEPSEN
PHYSICAL THERAPY

PHYSICAL THERAPISTS • TECHS • ATHLETIC TRAINERS

hjphysicaltherapy.com/careers