



HULST JEPSEN
PHYSICAL THERAPY

MAY 2024 NEWSLETTER

HOLIDAY HOURS

ALL CLINICS will be CLOSED on Monday, May 27th in observance of:

MEMORIAL DAY



UPCOMING EVENTS

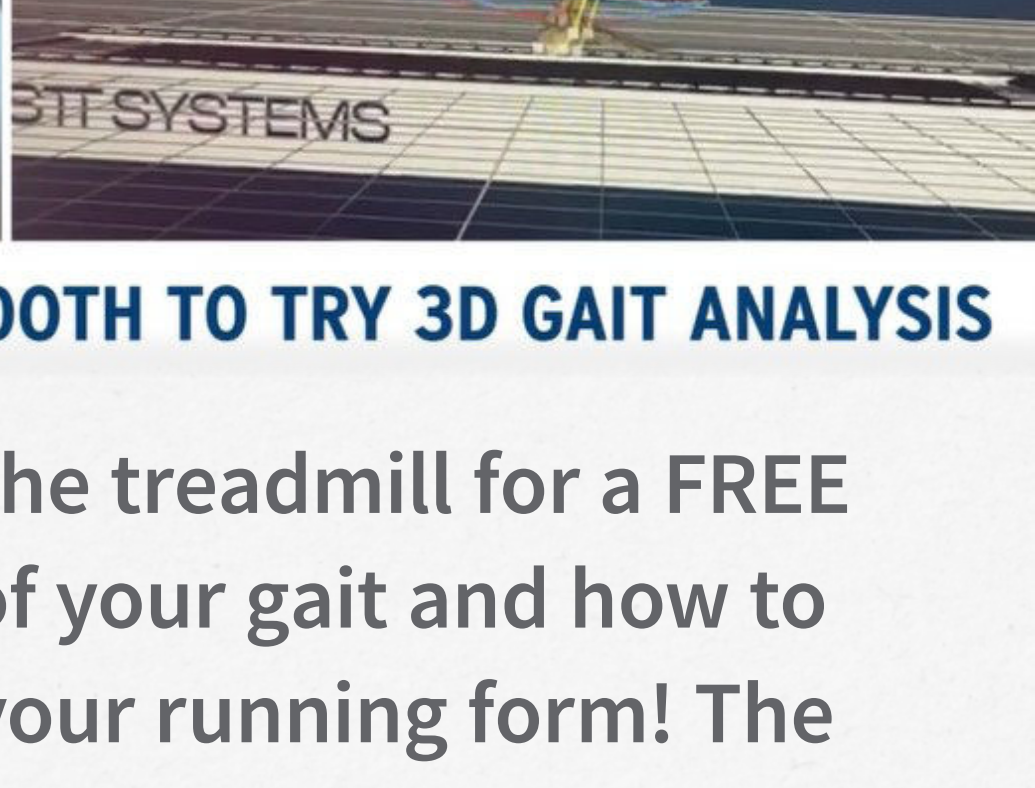
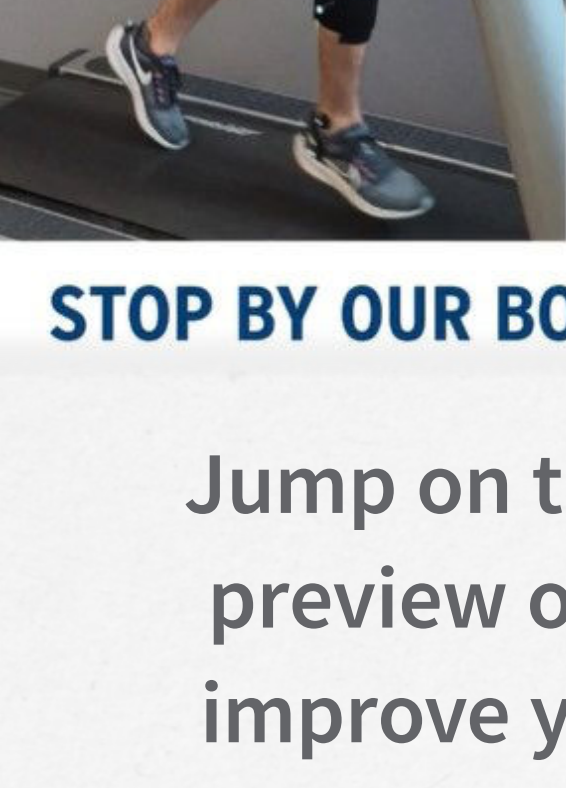


SPORTS & FITNESS EXPO

FRIDAY, MAY 10

11 AM - 8 PM DEVOS PLACE

BRETT CAIN, DPT



STOP BY OUR BOOTH TO TRY 3D GAIT ANALYSIS

Jump on the treadmill for a FREE preview of your gait and how to improve your running form! The River Bank Run Sports & Fitness Expo is free and open to the public.

HULST JEPSEN PHYSICAL THERAPY **3 MILE RUN OR 2 MILE WALK** WITH PRE-RUN DYNAMIC WARM UP

STARTING APRIL 11

KENT TRAILS

THURSDAY

RUNNING CLUB

@ 7 PM

KENT TRAILS SOUTH TRAILHEAD - 84TH ST, BRYON CENTER



POST-RUN SOCIAL HOUR

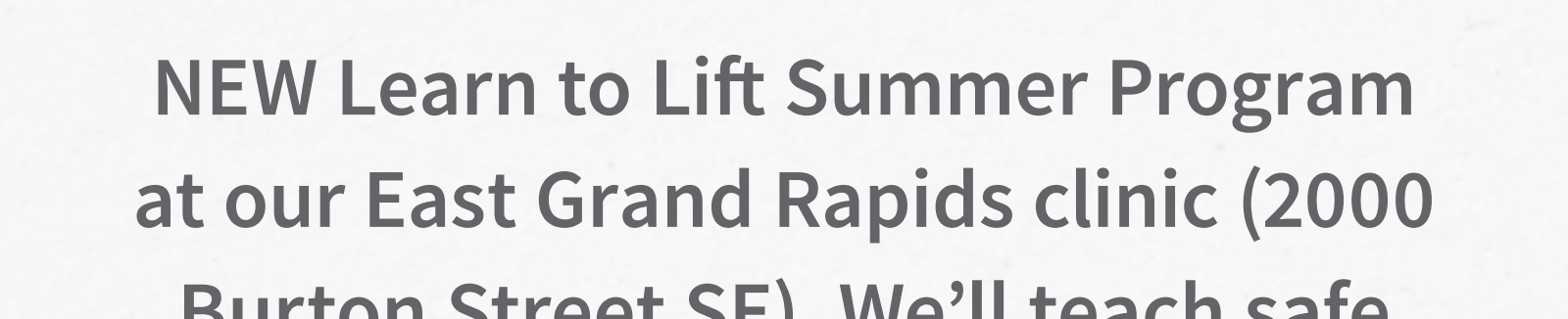
\$1 OFF DRAFT BEER, WINE, OR WELL DRINKS

Kent Trails Running Club is back! Pre-Run Dynamic Warm Up hosted by Physical Therapist and running specialist, Sebastian Vanderest.

LEARN TO LIFT

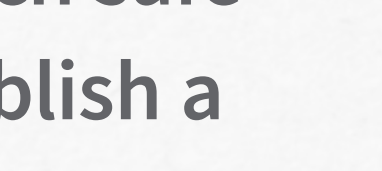
2024 SUMMER PROGRAM

HOSTED BY: MADDI CHRISTENSEN, CPT



REGISTRATION NOW OPEN!

EAST GRAND RAPIDS



NEW Learn to Lift Summer Program at our East Grand Rapids clinic (2000 Burton Street SE). We'll teach safe lifting techniques and establish a foundation for future weight training. Designed for 12-15 year olds!

Session One: June 10 - July 5

Session Two: July 8 - August 2

12:30 - 1:45 pm M/W/F

\$225 per session

Call 616-608-8485 to register!

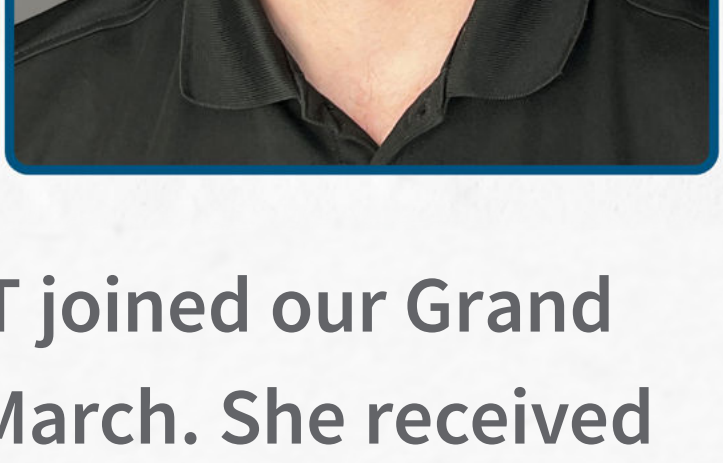
MEET OUR NEWEST THERAPISTS



WELCOME TO THE TEAM

CASSIE COATNEY, DPT

GRAND RAPIDS CITY



MATT MCPHERSON, MSPT

STANDALE



Cassie Coatney, DPT joined our Grand Rapids City clinic in March. She received a Bachelor of Science in Exercise Science from Cornerstone University and her Doctorate of Physical Therapy from Grand Valley State University. She loves to help patients reach their functional goals while decreasing discomfort to improve their overall quality of life.

Matt McPherson, MSPT joined our Standale clinic in April! He received his Bachelor of Arts in Kinesiology and Religion from Hope College and his Master's in Physical Therapy from Old Dominion University. He has worked with a diverse patient population over his 20+ years as a physical therapist. Matt uses a mix of hands-on treatments and functional exercises to bring optimal performance at home, work, or recreation.

READ OUR LATEST BLOG



NEW BLOG

TAKE CONTROL OF MENOPAUSE



@HulstJepsenPT

Menopause... do you cringe at the word? Shayna Budres, DPT empowers us to take control of Menopause in this 6-minute read!