



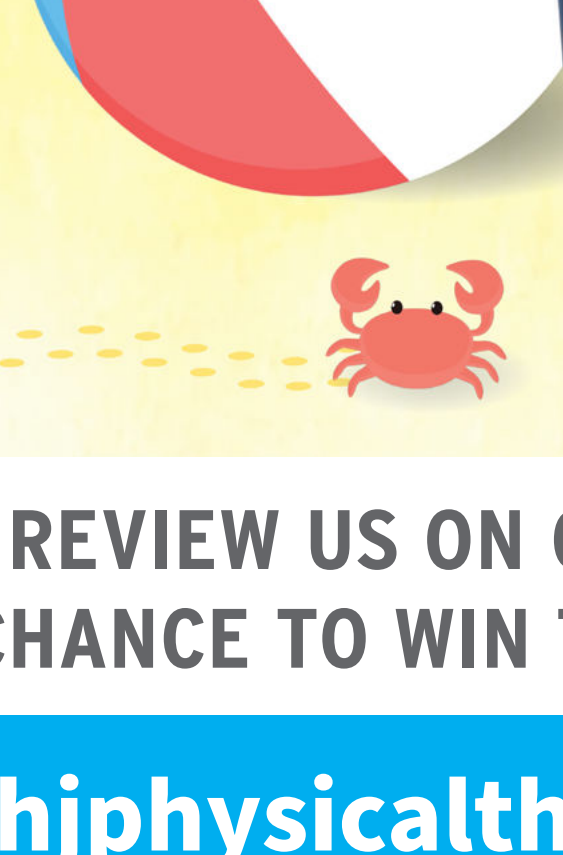
HULST JEPSEN
PHYSICAL THERAPY

JUNE 2024 NEWSLETTER

SUMMER



GIVEAWAY

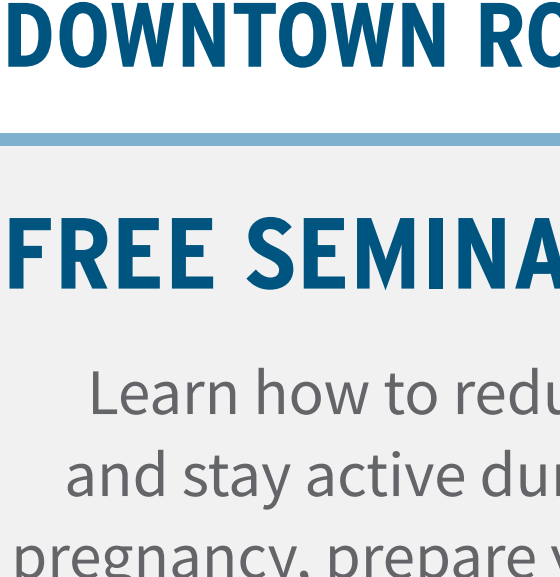


REVIEW US ON GOOGLE IN JUNE FOR A CHANCE TO WIN THIS \$275 YETI COOLER!

hjphysicaltherapy.com/review

UPCOMING EVENTS

START OF SUMMER CELEBRATION

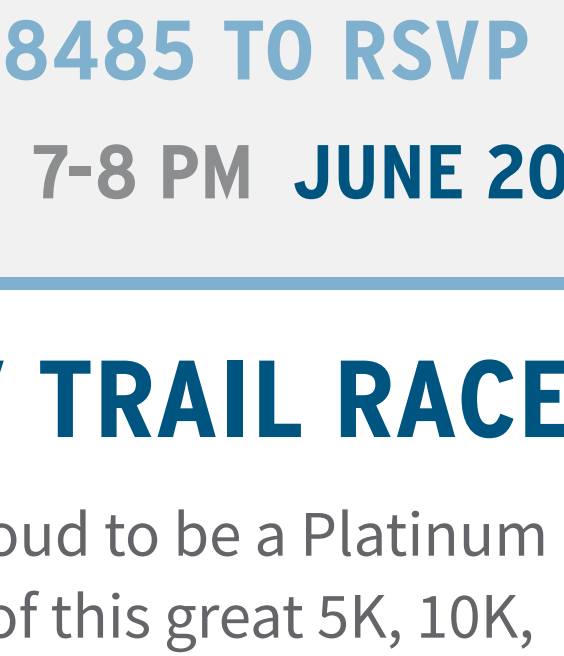


We are proud sponsors of the children's entertainment! Festivities include a carnival, food and craft vendors, local beer tent, parade, fireworks, and so much more... There's something for everyone!

DOWNTOWN ROCKFORD JUNE 13 - 16

FREE SEMINAR 1 OF 2: PREGNANCY

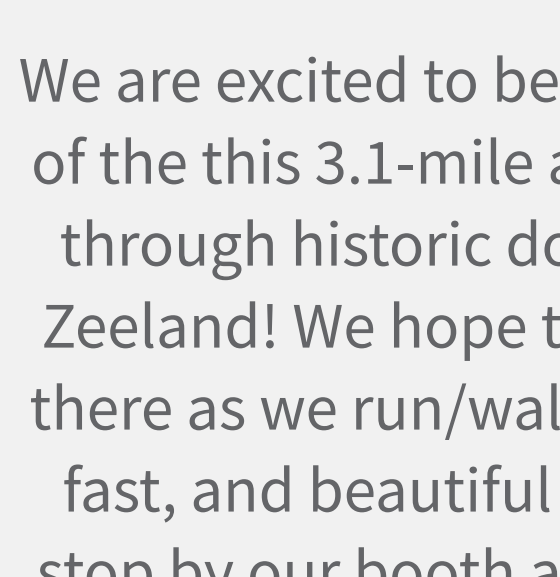
Learn how to reduce pain and stay active during your pregnancy, prepare your pelvic floor for labor and delivery, and how to begin your postpartum recovery. Your support person is welcome!



PLEASE CALL 616-608-8485 TO RSVP

EAST GRAND RAPIDS CLINIC 7-8 PM JUNE 20

GRAND EXPLORERS' TRAIL RACE

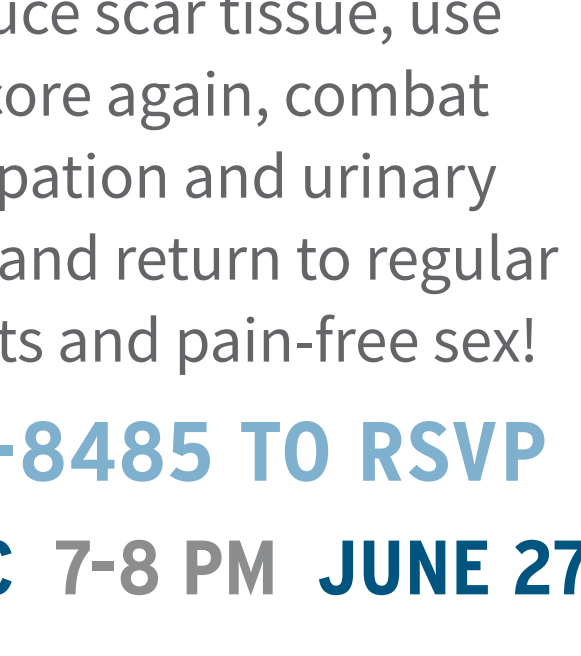


We are proud to be a Platinum Sponsor of this great 5K, 10K, and 1-mile kids' fun run! Run through two beautiful Ottawa County Parks in one race. All are welcome! Learn more at GrandExplorersTrailRace.com

GRAND RIVER COUNTY PARK 8 AM JUNE 22

ZEELAND ZOOM 5K + LITTLE ZOOMERS

We are excited to be a sponsor of the this 3.1-mile adventure through historic downtown Zeeland! We hope to see you there as we run/walk this flat, fast, and beautiful course... stop by our booth and say hi!



DOWNTOWN ZEELAND 7 PM JUNE 25

FREE SEMINAR 2 OF 2: POSTPARTUM



Hosted by pelvic floor physical therapy experts... learn how to reduce scar tissue, use your core again, combat constipation and urinary leaking, and return to regular workouts and pain-free sex!

PLEASE CALL 616-608-8485 TO RSVP

EAST GRAND RAPIDS CLINIC 7-8 PM JUNE 27

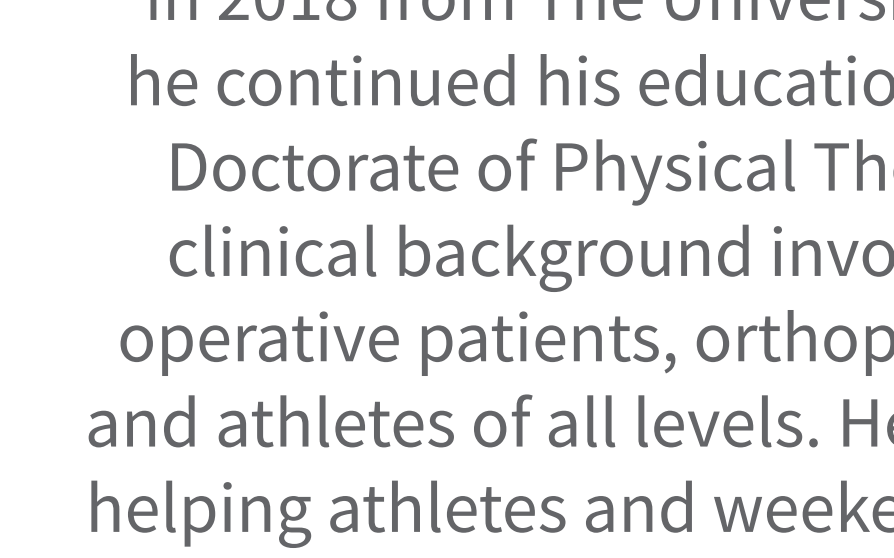
CALEDONIA KILT KLASSIC 5K

This beautiful race runs on the Thornapple trail, around Caledonia High School's campus, and finished back at the track where it all began! Kids Fun Run starts at 9:15 AM on the school's track.



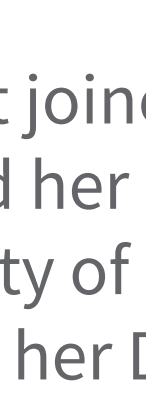
CALEDONIA HIGH SCHOOL 8 AM JUNE 29

MEET OUR NEW THERAPISTS



TY
GRIFFITH, DPT, CSCS

HUDSONVILLE



HULST JEPSEN
PHYSICAL THERAPY

WELCOME TO THE TEAM!

GRAND HAVEN

STEPHANIE
OSBORN, DPT, OCS, COMT, CEAS

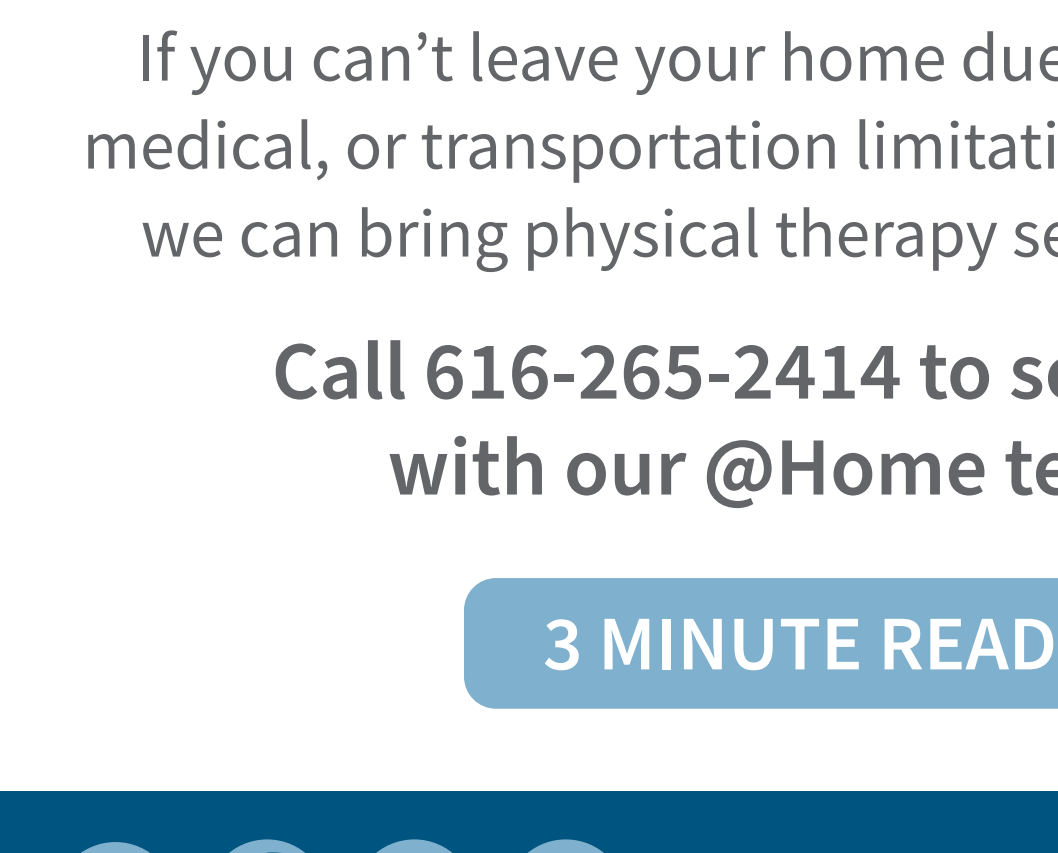


Ty Griffith, DPT joined our Hudsonville clinic in April! He obtained a Bachelor of Science in Pre-Physical Therapy and Strength & Conditioning in 2018 from The University of Findlay. Then he continued his education there, earning his Doctorate of Physical Therapy in 2020. Ty's clinical background involves treating post-operative patients, orthopedic-based injuries, and athletes of all levels. He is passionate about helping athletes and weekend warriors get back to the activities they love. In his free time, Ty enjoys running, snowboarding, and hanging out with his wife, and dog, Oakley!

Stephanie Osborn, DPT just joined our Grand Haven clinic! She received her Bachelor of Science from the University of Michigan in Engineering. She received her Doctorate of Physical Therapy from Grand Valley State University in 2009 and is currently enrolled in the Doctor of Science in Physical Therapy program at Andrews University. In her free time, Stephanie enjoys spending time with her husband and three daughters, traveling, skiing, running/hiking, playing any sport, playing board or card games with her family, and reading and learning about health and wellness.

READ OUR NEWEST BLOG

hjphysicaltherapy.com/upcoming-events



NEW BLOG

IN HOME PHYSICAL THERAPY



If you can't leave your home due to a physical, medical, or transportation limitation, don't worry, we can bring physical therapy services to you!

Call 616-265-2414 to schedule with our @Home team!

3 MINUTE READ

@HulstJepsenPT