



JULY 2024 NEWSLETTER

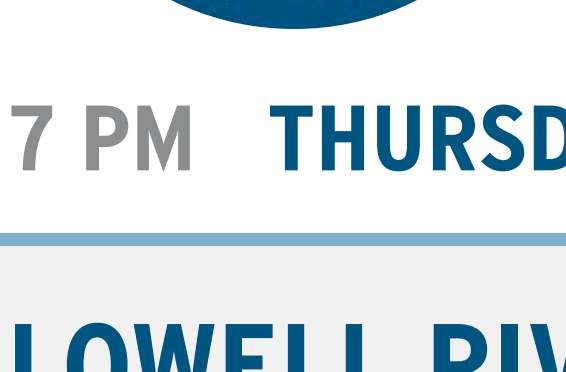
HOLIDAY HOURS

ALL CLINICS will be CLOSED this Thursday, July 4th in observance of:

INDEPENDENCE DAY

UPCOMING EVENTS

KENT TRAILS RUN / WALK CLUB



Join us at the Kent Trails South Trailhead on 84th Street in Byron Center for either a 3-mile run or 2-mile walk! Dynamic warm up with Physical Therapist and running specialist, Sebastian Vanderest!

7 PM THURSDAYS ALL SUMMER LONG

LOWELL RIVERWALK FESTIVAL



We're proud ticket sponsors of the Riverwalk Festival! Join us for family-friendly fun next weekend be sure to stop by our tent at the 5K to spin the prize wheel! List of events: discoverlowell.org/schedule

DOWNTOWN LOWELL JULY 11 - 13

LOWELL RUN THE RIVER WALK 5K

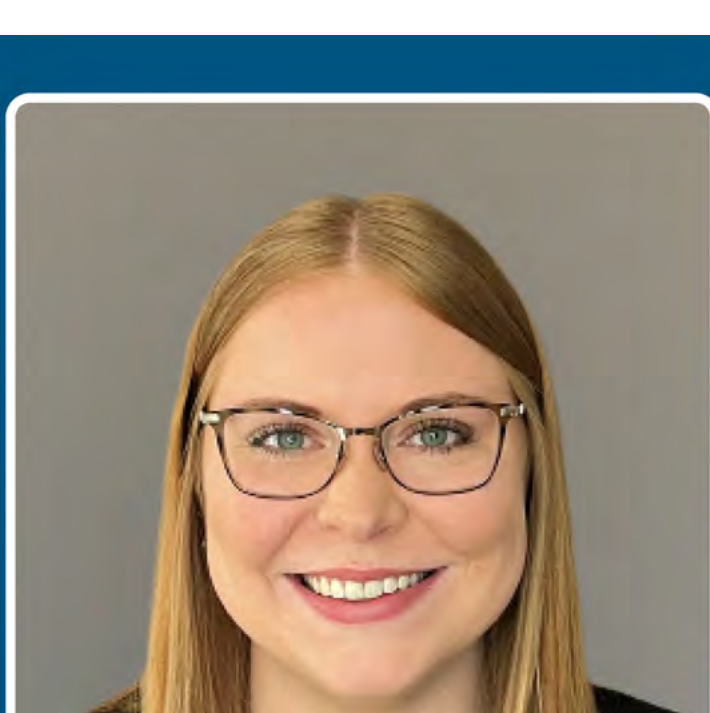


We are proud to be a sponsor of the Run the Riverwalk 5K in downtown Lowell! Run or walk this family friendly and chip-timed route. This stroller friendly course is open to all and we hope to see you there!

DOWNTOWN LOWELL 8 AM JULY 13

MEET OUR NEW THERAPISTS

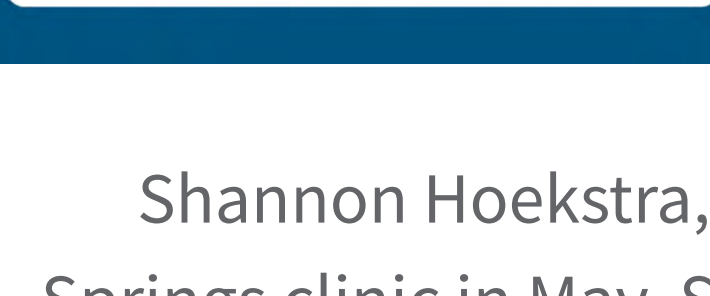
hjphysicaltherapy.com/our-team



WELCOME TO THE TEAM

SARA KAMHUIS, DPT
WYOMING + GRAND RAPIDS CITY

SHANNON HOEKSTRA, DPT
CEDAR SPRINGS



Shannon Hoekstra, DPT joined our Cedar Springs clinic in May. She received her Bachelor of Science in Integrative Physiology and Health Science and Pre-Physical Therapy from Alma College in 2021. She then earned her Doctorate of Physical Therapy from Trine University in 2024. In her free time, Shannon enjoys going to the gym, hiking, playing with her two English yellow labs (Lacey & Hazel), spending time on Lake Michigan, and playing volleyball.

Sara Kamhuis, DPT joined our Wyoming and Grand Rapids City clinics in May. She grew up in South Burlington, Vermont, and moved to West Michigan after obtaining her Bachelor of Science in Exercise Science from Ithaca College while competing in track & field. She then went on to earn her Doctor of Physical Therapy degree from Grand Valley State University in 2023. In her spare time, Sara enjoys going to the beach, watching and playing sports, trying out new restaurants, and spending time with my husband, family, and friends.

READ OUR NEWEST BLOGS

hjphysicaltherapy.com/recent-news

DRY NEEDLING

NEW BLOG

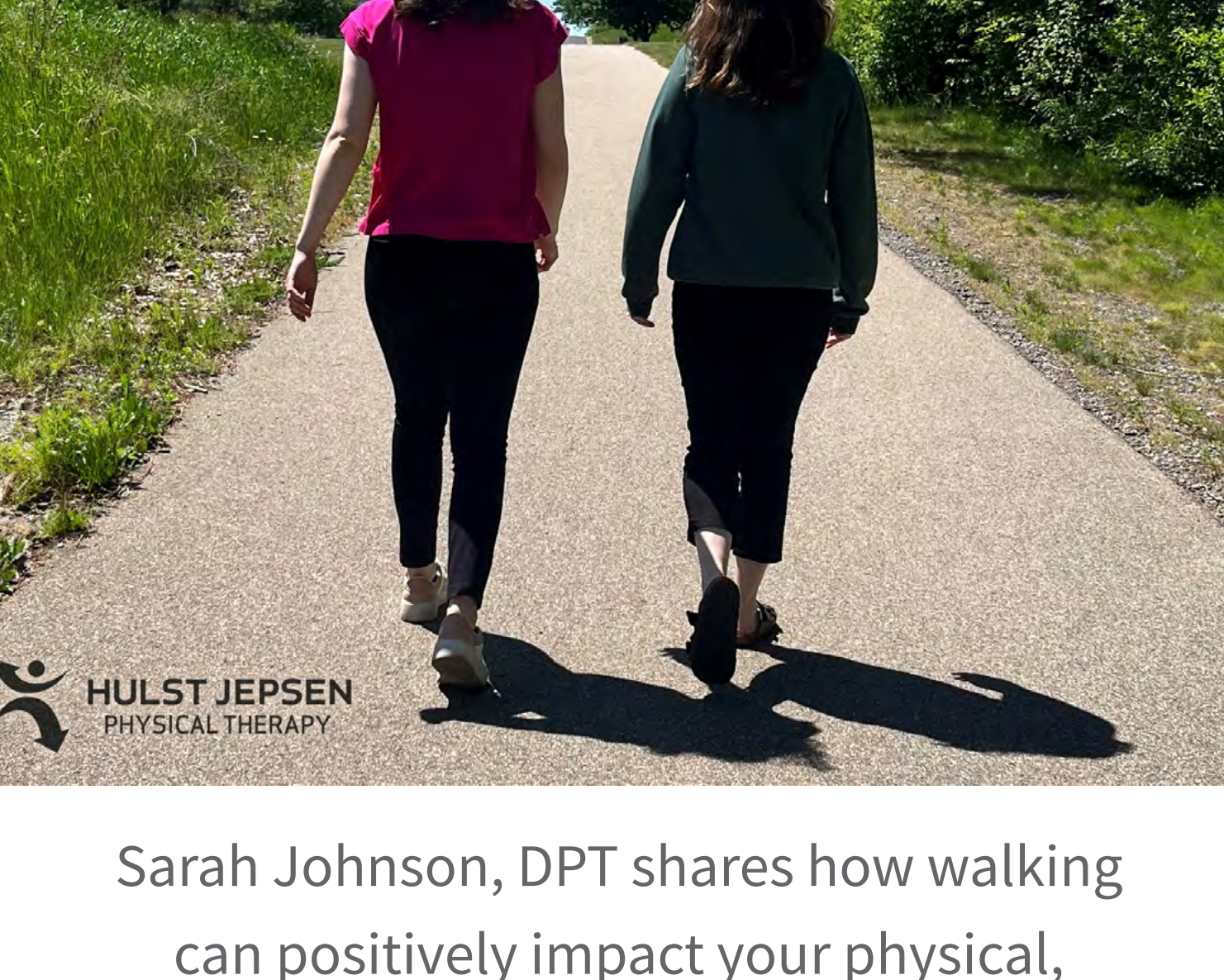


Ryan Camp, DPT answers all your questions about dry needling! Dry needling may be a valuable tool for speeding up your recovery time and allowing you to regain normal function.

4 MINUTE READ

THE BENEFITS OF WALKING

NEW BLOG



Sarah Johnson, DPT shares how walking can positively impact your physical, mental, and gut health!

3 MINUTE READ