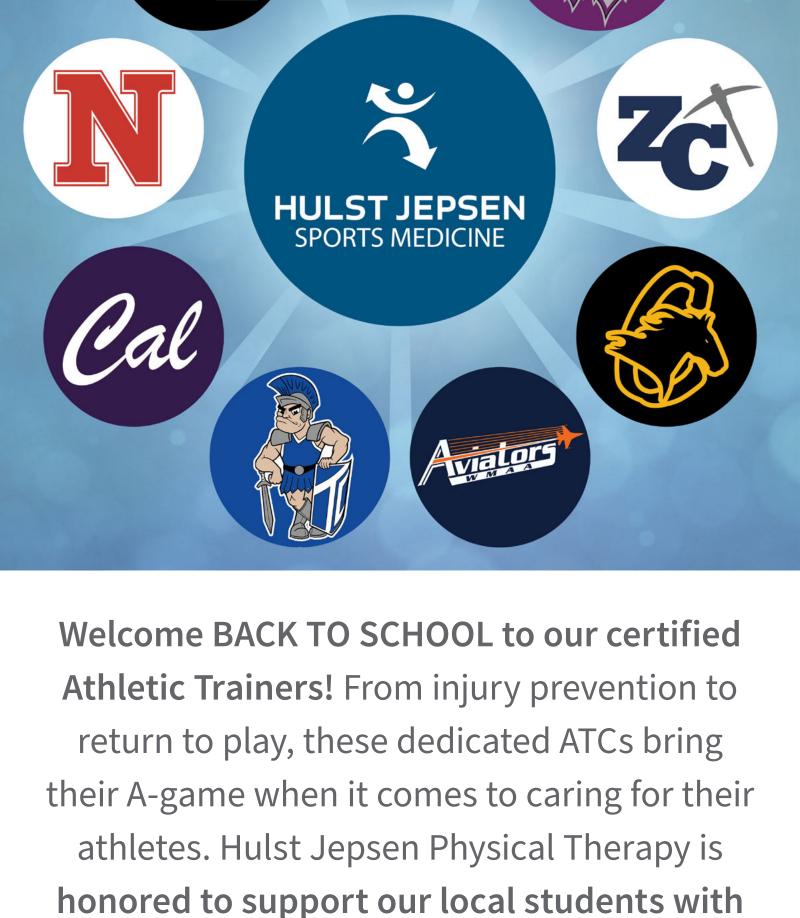


SEPTEMBER 2024 NEWSLETTER



every one of our patients. We are excited to keep growing and remain committed to staying 100% locally owned and operated. Thank you for choosing Hulst Jepsen Physical Therapy!

are so grateful for our wonderful staff and



athletic trainers at 9 West Michigan schools! **SUNDAY, SEPTEMBER 29 5K • 10K • HALF MARATHON**





REGISTRATION OPEN! \$5 OFF WITH CODE "HJWobble5"

The Gobble Wobble is a beautiful 3.1 mile

race on the trail by Reed's Lake in East Grand

Rapids. All proceeds will go to Kids' Food

Basket which exists to increase access to

healthy food for children and families.

We're inviting our local community's families,

friends, and neighbors to run, walk, or

wobble with us on Thanksgiving morning!

MEET OUR NEW THERAPISTS

hjphysicaltherapy.com/our-team

LUKE DELONG, DPT **CALEDONIA WELCOME**

TO THE TEAM! **GRAND RAPIDS CITY ADAM** SMITH, DPT

Luke DeLong, DPT, joined our Caledonia clinic

in August! He graduated from Grand Valley

State University in 2020 with a Bachelor of

Science in Clinical Exercise Science and earned

his Doctorate of Physical Therapy from Grand

Valley State University in 2024. In his spare

time, Luke enjoys golfing, weight training, and attending sporting events. Adam Smith, DPT joined our Grand Rapids City clinic in August! Adam graduated from Hope College in 2021 with a Bachelor of Arts in Exercise Science and earned his Doctorate of Physical Therapy from Grand Valley State University in 2024. He enjoys soccer, pickleball, snowboarding, golf, photography,

and spending time with his girlfriend,

Maria, and friends.

READ OUR NEWEST BLOGS

hjphysicaltherapy.com/recent-news

NEW BLOG HOW TO CARE FOR YOUR SPRAINED ANKLE

Kim Nguyen, DPT shares some quick tips on caring for a sprained ankle!

3 MINUTE READ