

HULST JEPSEN PHYSICAL THERAPY

NOVEMBER 2024 NEWSLETTER

HOLIDAY HOURS

THANKSGIVING

NOVEMBER 28

ALL CLINICS CLOSED

BLACK FRIDAY

NOVEMBER 29

OPEN UNTIL NOON

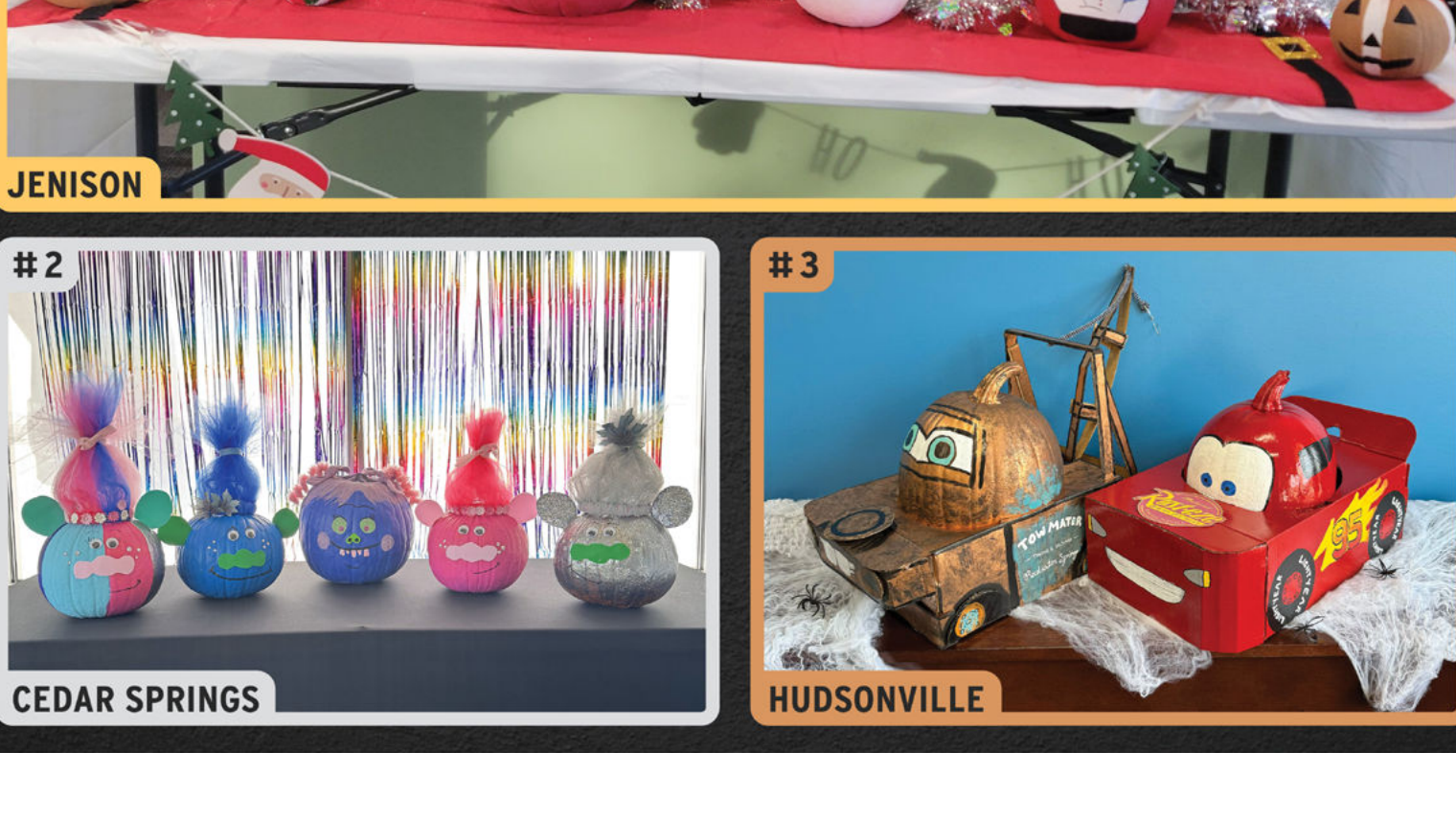
7TH ANNUAL PUMPKIN CONTEST

CONGRATULATIONS TO OUR 2024 WINNERS



HULST JEPSEN
PHYSICAL THERAPY

#1



JENISON

#2



CEDAR SPRINGS

#3



HUDSONVILLE

The winner of our 7th annual pumpkin contest is... Jenison with the Christmas Pumpkins! Congratulations to our Jenison clinic! We had so many awesome pumpkins this year. THANK YOU to everyone who voted and helped us pick a winner!

FOOD DRIVE



Kids' Food
Basket



PLEASE HELP US COLLECT THESE MOST NEEDED ITEMS

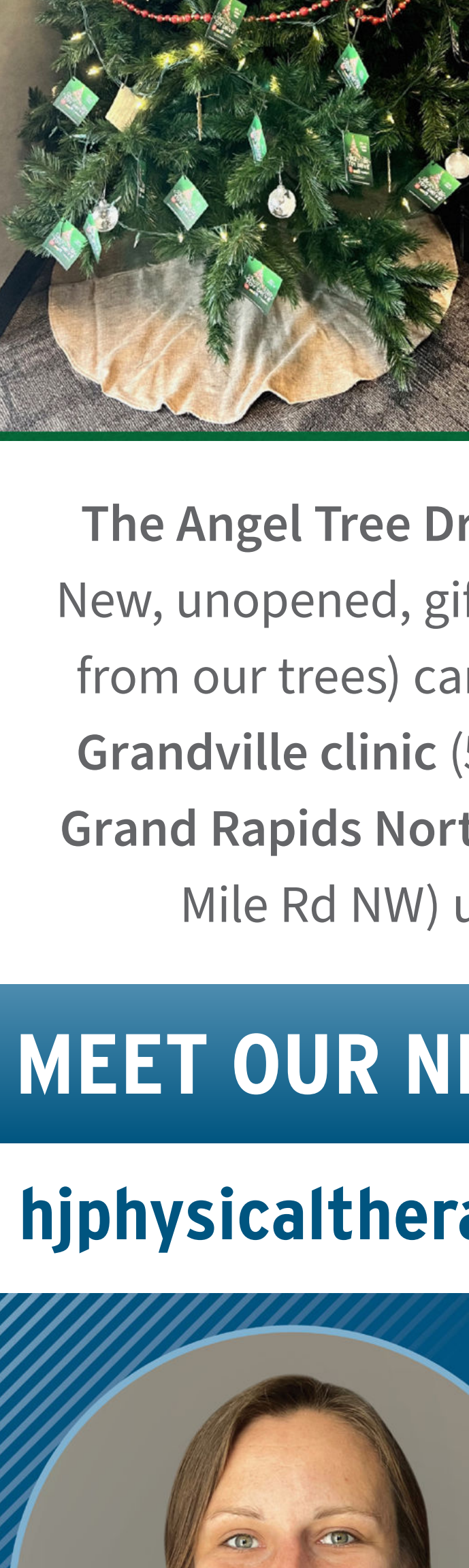
- ▶ Fruit cups / pouches
- ▶ 8 lb / XL brown lunch bags
- ▶ Pudding cups
- ▶ Meat sticks (i.e. Slim Jims)
- ▶ Bulk Cheerios, Goldfish, or Pretzels for trail mix



HULST JEPSEN
PHYSICAL THERAPY

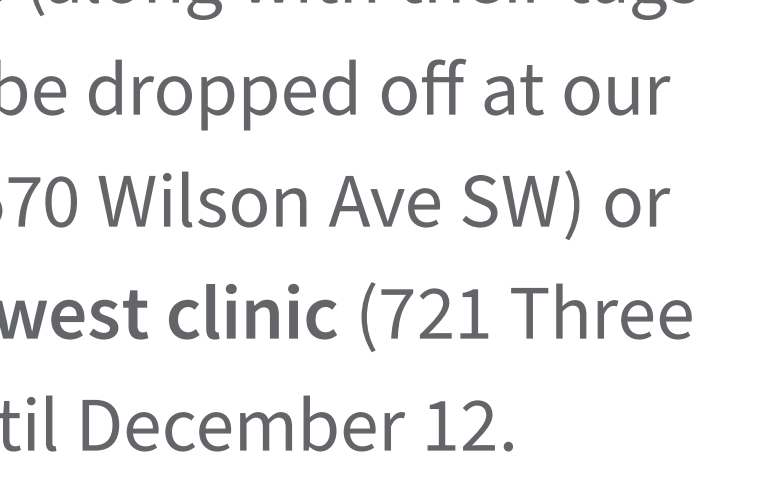
COLLECTING DONATIONS AT ALL
CLINICS UNTIL DECEMBER 2

Please help us collect their most needed items! Donations can be dropped off at all 23 Hulst Jepsen Physical Therapy clinics until December 2. Off-brands always welcome! Please avoid items with peanuts/tree nuts.



ANGEL TREE TOY DRIVE

COLLECTING UNWRAPPED
NEW TOYS UNTIL DEC. 12



PARTICIPATING CLINICS
GRAND RAPIDS NW
AND GRANDVILLE



HULST JEPSEN
PHYSICAL THERAPY

The Angel Tree Drive is happening now! New, unopened, gifts (along with their tags from our trees) can be dropped off at our Grandville clinic (5570 Wilson Ave SW) or Grand Rapids Northwest clinic (721 Three Mile Rd NW) until December 12.

MEET OUR NEW THERAPISTS

hjphysicaltherapy.com/our-team



HULST JEPSEN
PHYSICAL THERAPY

Lisa

METZGER, DPT, ATC

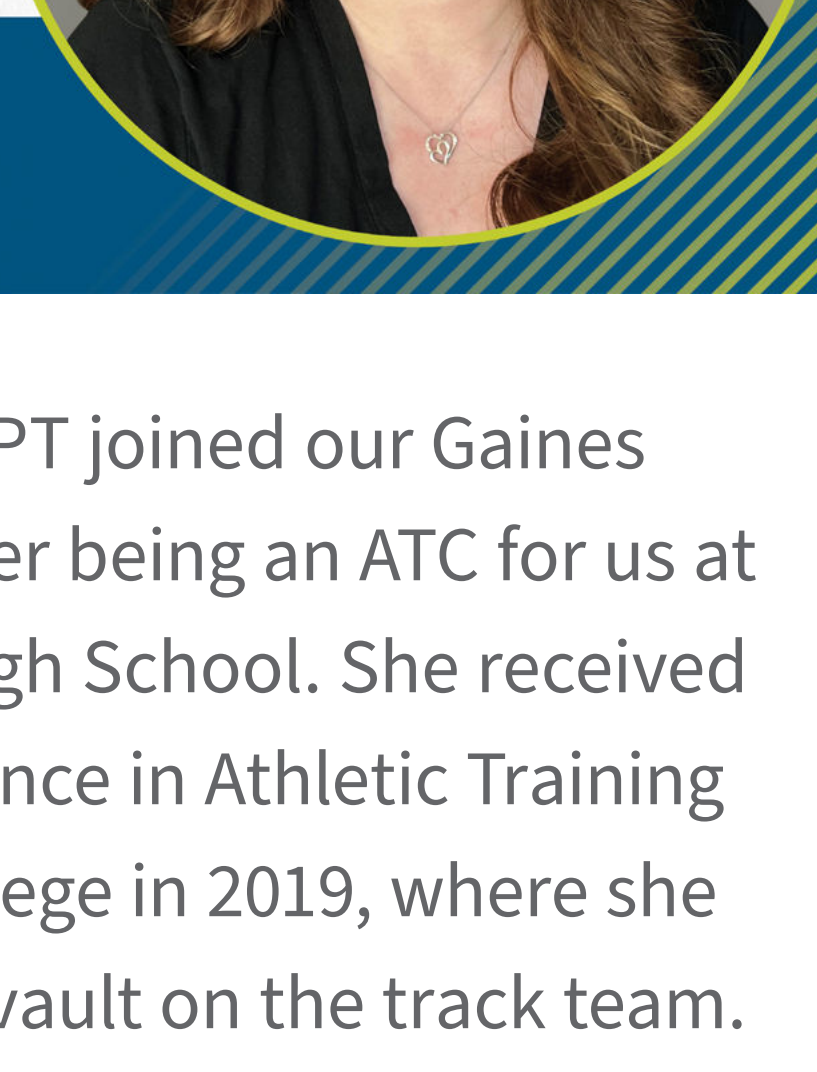
GAINES TOWNSHIP



Catherine

STUMP, DPT

JENISON



WELCOME
TO THE TEAM

Lisa Metzger, DPT joined our Gaines Township clinic after being an ATC for us at South Christian High School. She received a Bachelor of Science in Athletic Training from Aquinas College in 2019, where she competed in pole vault on the track team. She then received her Doctorate of Physical Therapy from Grand Valley State University in 2024. Lisa grew up in Cadillac, Michigan with two sisters. She enjoys exploring new hiking trails, kayaking, and spending time with her family at Silver Lake Sand Dunes.

Catherine Stump, DPT joined our Jenison clinic in September. She earned her Bachelor of Science in Exercise Science from Grand Valley State University in 2020 and her Doctorate of Physical Therapy from Central Michigan University in 2024. Catherine enjoys spending time with her fiancé and my family. They like to travel around Michigan and love watching college football and basketball. Catherine enjoys participating in recreational sports such as basketball, pickleball, and volleyball. She also enjoys reading, watching movies, and trying new recipes!

READ OUR NEWEST BLOGS

hjphysicaltherapy.com/recent-news



HULST JEPSEN
PHYSICAL THERAPY

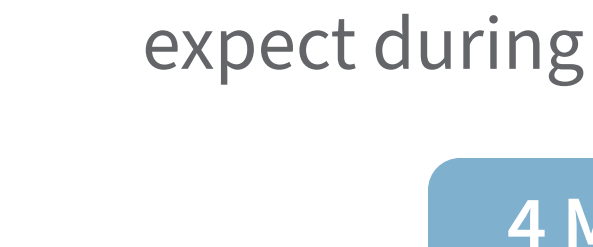
NEW BLOG

Brittany
Silverthorn
DPT

IS THIS
NORMAL?

How soon can I expect to be back to 100%?
Brittany Silverthorn, DPT explains what to
expect during the PT recovery process!

4 MINUTE READ



[TikTok](https://www.tiktok.com/@HulstJepsenPT) [Facebook](https://www.facebook.com/HulstJepsenPT) [Instagram](https://www.instagram.com/HulstJepsenPT) [YouTube](https://www.youtube.com/HulstJepsenPT) @HulstJepsenPT