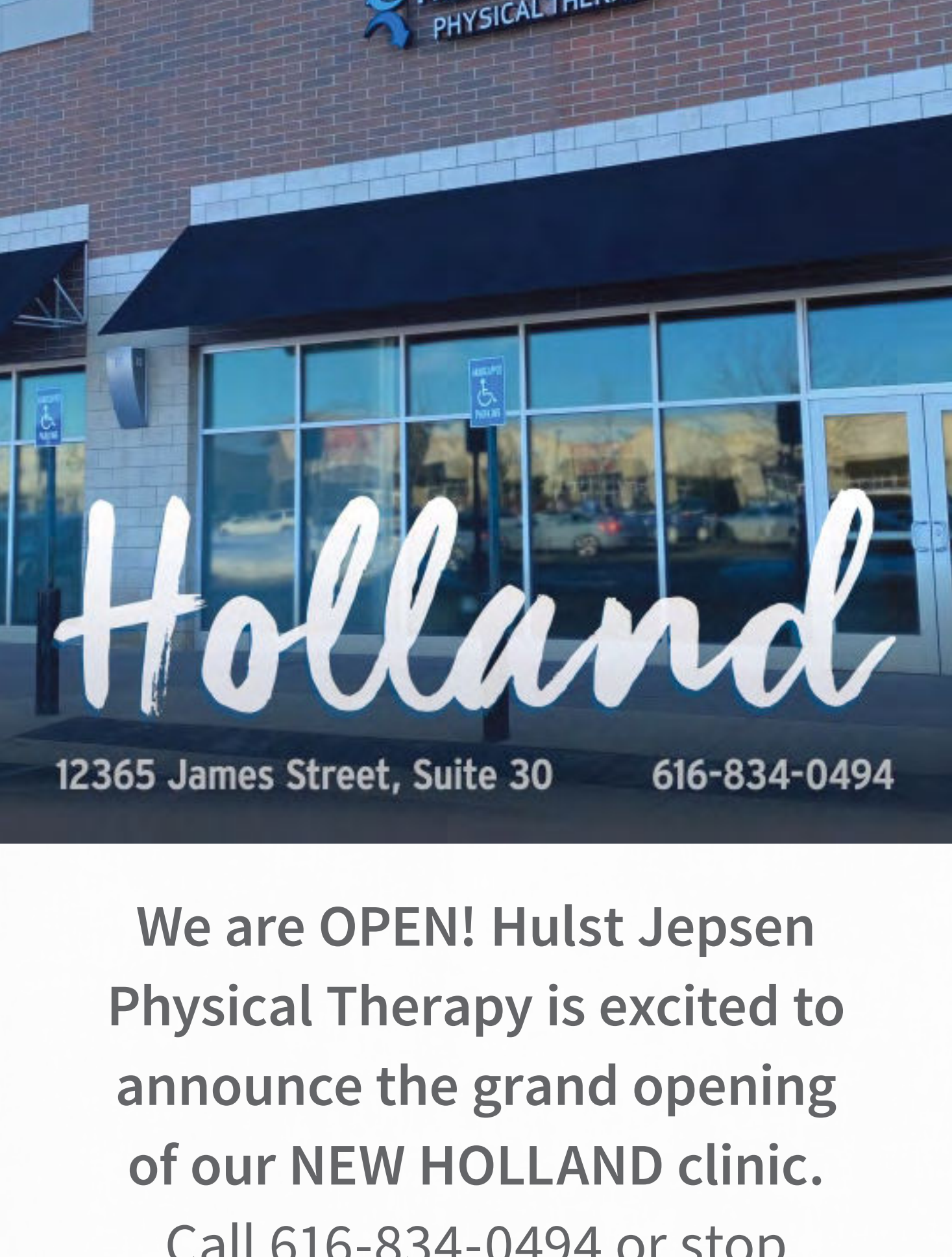


HULST JEPSEN
PHYSICAL THERAPY

FEBRUARY 2025 NEWSLETTER

New Clinic

NOW OPEN!



Holland

12365 James Street, Suite 30 616-834-0494

We are OPEN! Hulst Jepsen Physical Therapy is excited to announce the grand opening of our NEW HOLLAND clinic.

Call 616-834-0494 or stop by anytime to schedule an appointment at this brand new clinic located at

12365 James Street, Suite 30,

Holland, MI 49424

GRAND OPENING CELEBRATION

**Join Us! 12:30 - 1:30 PM
Tuesday, February 11**

**LIGHT REFRESHMENTS
+ RIBBON CUTTING**

Grandville
5570 Wilson Ave SW



616.855.1495
★★★★★ OVER 255 REVIEWS

Congratulations!



GRAND RAPIDS
KIDS

TOP DOCS+

2025

Ben Mastbergen

Voted Top Physical Therapist in GR

DPT, Cert MDT, CIDN

Ben Mastbergen, DPT of our Grandville clinic, was voted a TOP PHYSICAL THERAPIST in the 2025 Grand Rapids Kids Family Care Providers Guide! We are so blessed to treat such a wonderful West Michigan community. Thank you for trusting us with your care.

MEET OUR NEW THERAPIST

hjphysicaltherapy.com/our-team

WELCOME TO THE TEAM



Zach
SMRCINA, DPT, ATC



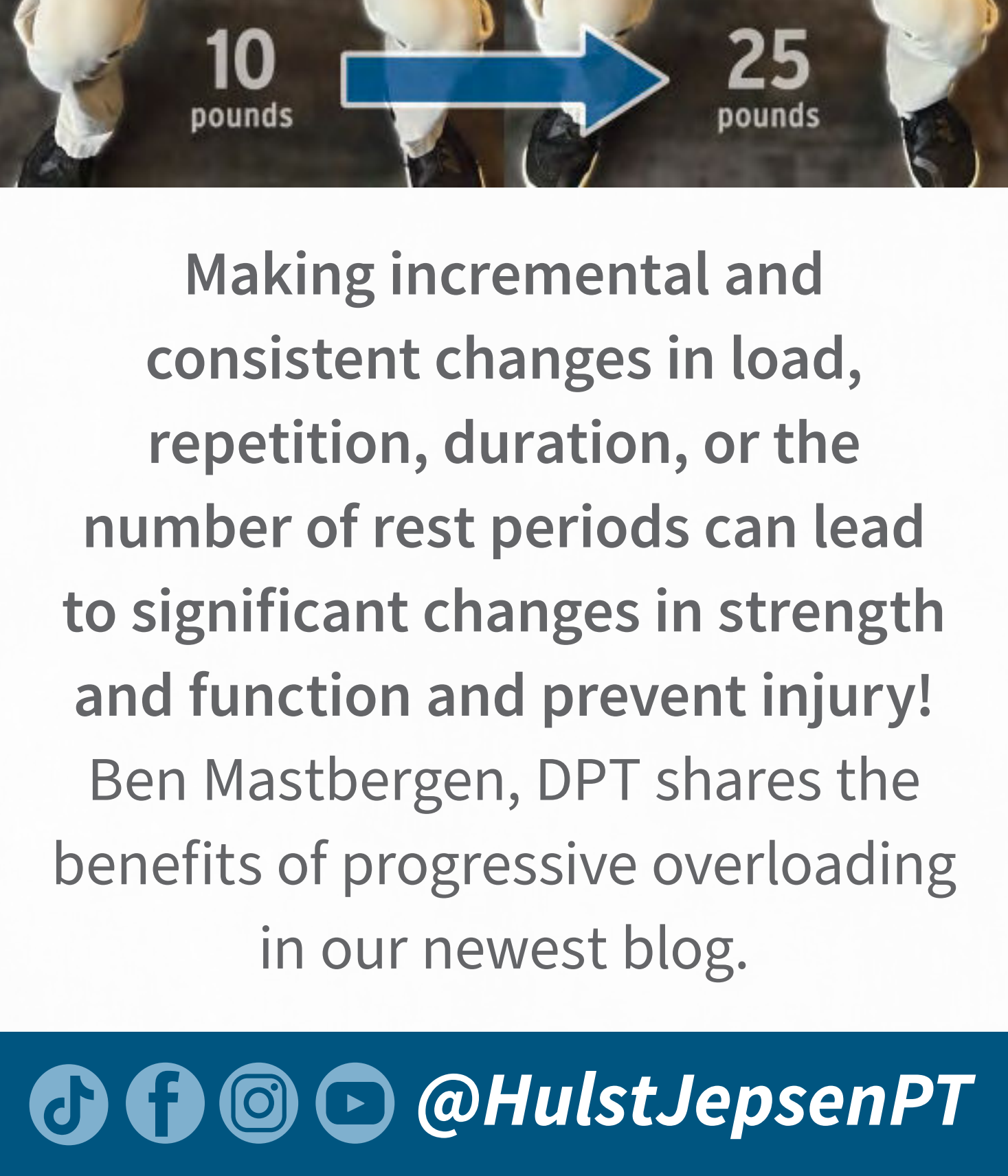
Zach recently joined our Hudsonville and Caledonia clinics and we are so excited to have him on our team! He received his Bachelor of Science in Physical Education in 2019 from the University of Nebraska at Omaha and his Doctorate of Physical Therapy in 2024 from the University of Nebraska Medical Center. Zach enjoys running, hiking, trying new restaurants/places, stopping to pet all the dogs, and of course, watching Packers and Nebraska football!

READ OUR NEWEST BLOG

hjphysicaltherapy.com/recent-news

NEW BLOG

Milo and Progressive Overloading



10
pounds

25
pounds

Making incremental and consistent changes in load, repetition, duration, or the number of rest periods can lead to significant changes in strength and function and prevent injury! Ben Mastbergen, DPT shares the benefits of progressive overloading in our newest blog.



@HulstJepsenPT