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307-332-2230

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Sheridan, WY 82801
307-683-0123

tetontherapypc.com



“Our goal at Teton Therapy is to give you the results you want in a friendly, family-like atmosphere. Your time and trust are valuable and we are dedicated to helping you live a fuller, happier life.”

Jeff McMenamy
OTR-L, CEO, Owner



IN THIS ISSUE

- Cheyenne Staff Profile
- Lander LIVE
- Can Cupping Help You?
- Sheridan Street Fair

TETON THERAPY

Pain Isn't Fun—But We Are!



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STAFF PROFILE

Kevin is a physical therapy assistant (PTA) at our clinic in Cheyenne. He is a Laramie County Community College graduate. Before becoming a PTA, he worked full-time as a firefighter where he continues to volunteer. Kevin has been a member of the Teton Therapy Team since October 2016 and brings his expertise and sense of humor into the clinic every day. Outside of work, you can find him working on his farm, riding his Harley, and spending time outdoors with his family.



KEVIN HUGHES
PTA, TETON THERAPY
CHEYENNE

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Teton Therapy in the Community

2017 Lander LIVE

Teton Therapy is proudly sponsoring the free summer concert series Lander LIVE. July concerts included headliners *The Marcus King Band* (think big band southern blues brass and keys) and Jamaican reggae band *The Itals*. August concerts feature *The Commonheart*, (a gritty, soul-rock band) and on the day of this eclipse everyone keeps talking about is *Austin's Reckless Kelly*. Come on down and look for Teton Therapy staff volunteering at the events, collecting concert donations, selling tickets, pouring drafts, and well, maybe a little hoot, hollaaaah, and dancing.



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Visit us at tetontherapypc.com



TIP OF THE MONTH

By John Schutt, DPT

(Doctor of Physical Therapy), in Riverton: "Do you remember the black & blue circles that Michael Phelps had on his shoulder in the 2016 Summer Olympics? Those were caused by cupping! But it's not just for Olympic athletes. We use cupping to help our patients relieve pain by breaking up any knots or soft tissue restrictions. If you're having soreness that you just can't relieve, it might be beneficial to reach out to a physical therapist to ask about whether or not cupping is appropriate for you."



LOOK FOR US AT: THE SHERIDAN STREET FAIR

Third Thursday Street Festival. Food, music, vendors. Stop by the Teton Therapy booth to say hello! Mention you read this here and win a polite nod!

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For more helpful health tips visit us at tetontherapypc.com

SUCCESS STORY

"I can now wash my hair! Which my wife is especially happy about. When PT began, my shoulder was virtually non-useable. I can now lead a normal life and get back to fly-fishing, which is awesome. The staff at Teton Therapy are all wonderful and promoted a treatment plan which kept me on-track toward recovery."

ERIC C.
(Riverton patient)
"The staff at Teton Therapy are all wonderful!"



DID YOU KNOW?

Benefits of Cupping



Cupping is a therapy technique that is kind of like a massage, but a little more intense. It adds a little extra "oomph!" into certain physical therapy regimes. A therapist places a hard plastic or glass cup on the affected area of the body, and the cupping machine works to break down adhesions, knots, or soft tissue restrictions that might be in the muscles. It increases blood flow, which allows the body to heal itself. At Teton Therapy, we use cupping in addition to hands-on techniques on some of our patients to help them achieve the best possible outcomes.



GO FIND YOUR SUMMER

After surviving another spring in the Rockies it is high time to break out the trail shoes and road bikes and go find your summer. After a season (or two, or three) of hibernation, it is common to "overdo" it when returning to summertime activities. There's no flag on the playing field if you take it a little slower on re-entry to your rugby, waterskiing, or barrel-racing pastimes. Bodies are good at letting us know when something is wrong... and minds are good at being stubborn. Teton Therapy will listen, assess, and build a plan for your return to recreation and better living.

SCHEDULE A FREE CONSULTATION TODAY

RIVERTON 307-857-7074 CHEYENNE 307-514-9999
LANDER 307-332-2230 SHERIDAN 307-683-0123



PASS IT ON!

Pass along this newsletter to someone you know who is suffering with pain or refer them to Teton Therapy. Give the gift of health!