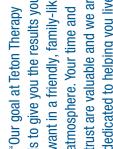


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etonther







TETON THERAPY Pain Isn't Fun—But We Are!



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.

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TETON

THERAPY

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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,

f Like us on Facebook

and dancing.

Visit us at tetontherapypc.com

KEVIN HUGHES **PTA, TETON THERAPY** CHEYENNE





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."

STORY

"I can now wash my hair! Which my wife is especiall happy about. When PT began, my shoulder was virtually non-useable. I can now lead a normal li 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.



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!



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 LANDER 307-332-2230

CHEYENNE 307-514-9999 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 aift of health!