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307-332-2230

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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



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TETON THERAPY

Pain Isn't Fun—But We Are!



STAFF PROFILE

Nancy grew up in Riverton. After working at Central Wyoming College she moved to Colorado. Wyoming was sad to see her go, and patiently waited for her return. And return she did! Nancy has been part of the Teton Therapy team since the Fall 2012. She loves supporting clients and seeing each person progress as they work through the commitment of therapy. Nancy is beloved by patients—often the first and last person they see when they arrive and depart from their appointment. This past Halloween she was Mario to another staff's Luigi. We value her wit and humor; she brightens all of our days. Outside of the office, Nancy enjoys spending time with her family and participating in charity run/walks.



NANCY RUBLE
FRONT OFFICE COORDINATOR
RIVERTON CLINIC



Teton Therapy in the Community

Community Entry Services: Festival of Trees

A vital community program important to the hearts of the Teton Therapy team is Community Entry Services (CES), an institution dedicated to enriching the lives of individuals with developmental disabilities and brain injuries. Services include evaluation, therapy, and vocational skills and placement within the community. Around the holidays, Teton Therapy participates in the CES “Festival of Trees” in Riverton. Each year, CES envisions a theme for holiday decor and then builds and displays beautifully and elaborately decorated trees for the community. This year's theme is “Trees in Neverland,” and we cannot wait to see how our fantastical tree turns out! Keep an eye out for the Festival of Trees in Riverton—and see if you can spot ours.



Like us on Facebook

Visit us at tetontherapypc.com



LUAU CHRISTMAS PARTY 2017: SHERIDAN

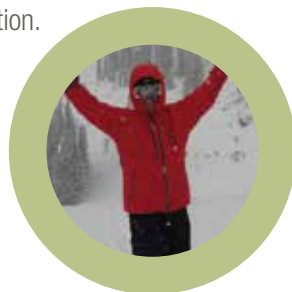
To celebrate the holidays of 2017, our ever-creative and fun-loving Sheridan clinic will be hosting a “luau” (yes, we had to look up how to spell lūau) themed Christmas Party for their patients on Friday, December 15th, from 8:00am - 4:00pm. Weave your hula skirts and dust off your authentic Hawaiian shirts and join us! Maybe you'll even catch hula dance from Brian and Ginny.

Like us on Facebook

For more helpful health tips visit us at tetontherapypc.com

TIP OF THE MONTH HOW TO ENJOY WINTER

1. Drink a lot of delicious hot beverages, like hot chocolate. Do it often. Even under a pile of blankets.
2. Use the short days and long nights as an excuse to get comfortable and go to bed at 8:00pm every night. No explanations or guilt necessary.
3. Play in the snow! Make snowmen, go sledding, skiing, snowboarding, or like our favorite black labrador—roll around in it. Snow isn't just that endless thing you have to get off your driveway. It can be your friend.
4. We love our patients, and we don't want to see you injured. Be kind and patient with yourself by practicing good body mechanics when shoveling, walking on icy patches, and playing snow sports. If something does happen, call for a free consultation.



TO HIBERNATE OR HEAL?

Surprise! Winter happened. Again. Still wondering what happened to August while you shovel your driveway for the fifth time today? Winter season is great for introspection, resolutions, and taking inventory of your year behind and the year ahead. Whether you spend winter gazing out the window at the wild activity around the bird feeders, or ski along the Continental Divide, the quiet stillness of short days and longer nights allows us time to reflect on how we are, and how we are feeling. Teton Therapy is your resource to help you repair, recover, and strengthen for the next year ahead. Contact us for a free consultation.

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!

DID YOU KNOW?

How To Survive The Holiday Season.

Making more cookies than you ever think you will want to see again? Putting on that wonderful Ugly Holiday Sweater for the fifth gathering this week when all you want is to hide in your sweatpants with a box of wine by the fire? Avoiding the dreadful shopping list or lines at the Post Office? This month is always “Busy Holiday Season” — and your one hour of PT or OT a day can be your respite away from holiday stress and demands. Come hang out with the Teton Therapy family, have fun, and work on getting your

pain under control. Or just hide out with us for an hour. We are fun and we won't make you bake cookies, roast a turkey, or shop for presents. All the “family feel” with none of the family obligations.



SUCCESS STORY

“Since starting my recovery at Teton Therapy in Lander, Wyoming, I have radically improved. At the beginning, I was in a wheelchair and could not walk. The physical therapists helped me reach my goal of walking, enough to get a bone marrow transplant that saved my life. So essentially, Teton Therapy helped saved my life! I am truly thankful for all the staff for making my days so much better. I left feeling happy after every appointment. Now I can climb stairs, cook, clean, and swim. This is especially important as a mother and I am so thankful for the care and help I received from them. Thank you, Teton Therapy, with much love.”



RIKKI H.
(Lander patient)
“I left feeling happy after every appointment.”

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