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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

Meet Erica... the amazing OT who is pioneering the Occupational Therapy program in our Cheyenne clinic. She received her bachelor degree from the University of Wyoming followed by a master's degree in Occupational Therapy from Colorado State University. While she loves meeting and treating every type of patient, Erica has a passion for helping elderly adults live the life they want to live: living independently at home, cooking, volunteering, crafting, or pursuing a new hobby. In her personal life, Erica loves exploring the great outdoors of Wyoming, traveling, cooking, and scrapbooking her adventures. Erica is excited to join the Teton Therapy team and offer our Cheyenne community the resources and results of occupational therapy.

ERICA FARLEY
OTR/L
CHEYENNE CLINIC



Teton Therapy in the Community

Lander Chamber Awards Luncheon

Each February, the Lander Chamber of Commerce hosts a community luncheon for business members at the Lander Community Center. It is a gathering of over 200 businesses for a weekday lunch hour... and a great time to reconnect with local colleagues and featured community members in the heart of winter. It should be noted, Teton Therapy is often regaled as the FUNNEST table at the luncheon. Just saying. We are just waiting for our Funnest Table Award and 2018 may be our year.



Like us on Facebook

Visit us at tetontherapypc.com

SUCCESS STORY

"I can't believe the difference since the beginning of therapy. I couldn't put on earrings, do my hair (shampoo, dry, or comb) and I definitely could not grasp anything. Now I can do all of that!! In just a few short weeks, I am finally feeling close to normal. Teton Therapy has been amazing!"

COURTNEY B.
(Cheyenne patient)
"Teton Therapy has been amazing!"



DID YOU KNOW?

Check Out Brand New Services in Cheyenne

Erica Farley, OTR/L, has joined the Teton Therapy team in Cheyenne, and she brings with her some new expertise and skills. Here is a list of some of the things Erica, an occupational therapist, can help you with:

- Upper extremity (think shoulders, elbows, wrists, and hands) injuries and weakness
- Discussing adaptive equipment and home modifications after a neurological diagnosis, (such as a stroke or brain injury) to make everything more accessible and tailored to your wants and needs
 - Behavior development for children who need extra help
 - Vision impairment
 - Great conversation with a friendly, thoughtful person who is new to town

Are you eager to meet Erica? Call her and schedule a free consultation. Or come visit the Cheyenne clinic to say hi!



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!

TIP OF THE MONTH VALENTINE REQUESTS FROM YOUR PT/OT TEAMS

TETON RIVERTON: A visit from your puppy in a pink snow suit or bedazzled snow hat

TETON LANDER: A box of heart-shaped frosted donuts (but hide from Ryan because he might eat them all)

TETON CHEYENNE: The entire discography of all Disney movie soundtracks

TETON SHERIDAN: A singing telegram with an 80's hair metal band theme

Happy Valentine season everyone! May it be full of love and warmth.



Buried in a pile of snow and looking forward to springtime.

Are you tired of winter? Us, too. This time of year, it really feels like it starts to drag on, and on... and on. Don't worry, Wyoming! With any luck, whatever version we are getting of a 2018 Spring is just around the corner. In the meantime, hang in there, stay warm, and keep good form when shoveling snow and traversing icy sidewalks. The first bulbs of the season will soon be braving our yards. You can always come in for a free consultation and commiserate with us.

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For more helpful health tips visit us at tetontherapypc.com