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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

Jennifer has been with Teton Therapy since 2009. She began as a therapy tech working alongside the therapists, and ultimately landed in the secret agency of insurance verification. She is everyone's go-to person when they have a question about anything—big or small. What would we do without Jennifer? (We shudder to think.) Jennifer has specialized skills on the therapy floor as well as facilitating patients through the financial dimensions of therapy. At home she enjoys spending time with her family, hunting, fishing, cake decorating... not to mention, she is a master craft wizard. Just look for telltale signs of glitter.



JENNIFER HEGWOOD
BILLING
MANAGER



Teton Therapy in the Community

Coming Soon: Our New Website

We have designed a new Teton Therapy website so that it is both beautiful and easy to use. It will be launching this month and we couldn't be more excited! Inside you will find more details about our locations, services, and staff—and quick access to contacting us. Speaking of which, we would love for you to give it a test drive and let us know what you think. Give us a call, shoot us an email, message us on Facebook, launch a carrier pigeon, skywrite, write a Yelp review, (probably skip the message-in-a-bottle route) or just stop in and tell us. We are eager to hear what you have to say!

Like us on Facebook

Visit us at tetontherapypc.com



COACH JEFF: RIVERTON ICE HOCKEY TEAM

For the past 21 years, founder/owner of Teton Therapy Jeff McMenemy has been coaching Riverton High School's Ice Hockey team. (Go River Rats!) After school and weekends you will find Jeff on the ice, wearing extra knee pads and extra whistles, guiding a bunch of dedicated athletic teenagers into wielding pucks. In addition to donating his time, he was able to fulfill a personal goal of donating the ice rink's Zamboni last year. Go cheer on the ice hockey team this season and make sure you look for Coach Jeff!

TIP OF THE MONTH NEW YEAR, NEW START

It is a brand new year, and for many of us, that means starting payments against a brand new insurance year. Health care prices might cause sticker shock for some who have higher deductibles. However, the beginning of the year is actually the perfect time to start building towards your deductible. The sooner you meet it, the more services you can have at a discounted cost. At Teton Therapy, we understand that many people would not be able to afford paying their deductible all at once. So... we have an amazing billing and accounts team that is always ready and willing to work with all of our patients.

Are you in pain, but don't think you can afford PT or OT? Please don't live in agony! Contact us and ask us about a payment plan. We work with many of our patients to set up smaller weekly or monthly payments so they are not stretched financially and can afford to focus on healing.

Like us on Facebook

For more helpful health tips visit us at tetontherapypc.com

SUCCESS STORY



JOANNE N.
(Sheridan patient)

"I feel that the
dry needling
was particularly
helpful."

"I am currently on dialysis. After the second surgical procedure (of four) to place a graft, my left hand became swollen, numb, stiff, and severely painful. When I started at Teton Therapy a month later, I could not even wash my hand because of the pain, unable to use it for anything. After four months, I can now do my dishes, fasten my clothing (even buttons!), pick up small items, blow dry my hair, take care of my plants, and even use my hand with only occasional discomfort. I have a therapy program to work on at home when I am not in the Teton Therapy office. Also, I feel that the dry needling was particularly helpful! Before I started at Teton Therapy, I felt completely hopeless. Now I know that I can be and will be better!"

DID YOU KNOW?

Teton Therapy Staff New Year's Resolutions

TARA: Run more half-marathons

GINNY: Go on a honeymoon with her new husband, finish her hand therapy certification

KRISTEN: Take Ryan's advice to patients—better posture!

SARAH & RYAN: Start a family (!)

ARIEL: Make exercise a habit. Learn to love it.

JENNIFER: Spend more time with family and leave work at work.

Have you thought about your New Year's resolutions yet?



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!