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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

Ryan is the office-proclaimed Captain of our Lander clinic. After growing up in Northeastern Montana, Ryan attended the University of Mary in Bismarck, North Dakota, where he earned his Doctorate of Physical Therapy. During this study, Ryan did his clinical rotation at Teton Therapy and naturally fell in love with the company, community, and our Wyoming lifestyle. On the rare occasion that Ryan isn't working, he can be found hunting, spending quality time with his wife and two pups, and training to become the next Batman.

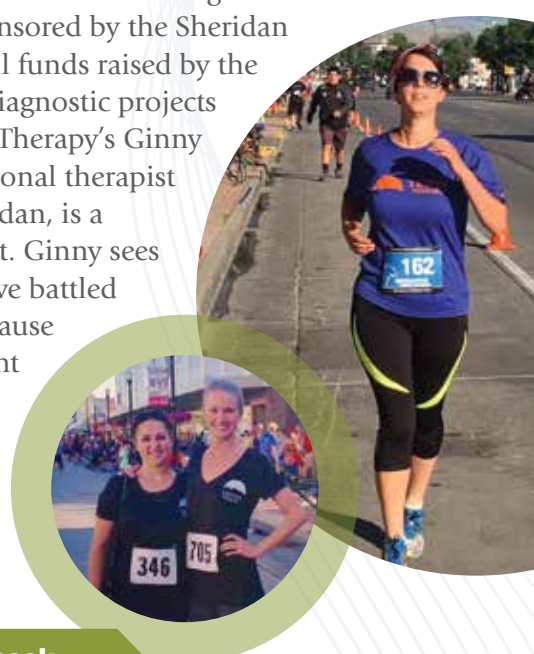
RYAN FLATT
PT, DPT,
LANDER CLINIC



Teton Therapy in the Community

Pink Run - Sheridan (Run for Breast Cancer Awareness Month)

On October 14, Team Teton Therapy (Sheridan) will be participating in the “The Link-Partners in Pink” footrace, an annual fundraising walk held during Breast Cancer Awareness Month sponsored by the Sheridan Memorial Hospital. All funds raised by the walk support cancer-diagnostic projects in the hospital. Teton Therapy's Ginny Holcomb, an occupational therapist and co-owner in Sheridan, is a lymphedema specialist. Ginny sees many women who have battled breast cancer, so this cause is particularly important to us. Put on your pink and join us to raise awareness and fight breast cancer in Wyoming!



Like us on Facebook

Visit us at tetontherapypc.com



TIP OF THE MONTH HOW TO CELEBRATE PT MONTH WITH US

1. Wish your physical therapist and physical therapy assistant a Happy Physical Therapy Month!
2. Get into a fitness routine. Exercise is medicine for the mind and body. Even fitting in a 30-minute walk into your day could make a huge difference in your well being.
3. Refer friends and family who are suffering from aches, pains, injuries, or illness for a free consultation at one of our four office locations.
4. Share your story! Have you had success with PT? Spread the word! You never know who you might inspire to get happier and healthier.



LOOK FOR US AT: RIVERTON BUSINESS AFTER HOURS

October is Physical Therapy Month! What-the-what? We know. We get our own month. So naturally Teton Therapy snagged the October slot to host Riverton's Business After Hours. Come to our Riverton office on October 19 from 5:30-7:30 for food, drinks, and merriment. Our staff loves to make new friends!

 Like us on Facebook

For more helpful health tips visit us at tetontherapypc.com

SUCCESS STORY

"The best improvement so far is dancing in the Northern Arapaho traditional style for more than ten dances at the Eastern Shoshone Indian Days Powwow in Fort Washakie. The best part is that I did not experience any hip pain or cramping! I am very pleased with my progress and I know that Sarah has helped me get stronger and improve my balance."

FELICIA A.
(Riverton patient)
"Sarah has helped me to get stronger and improve my balance."



DID YOU KNOW?

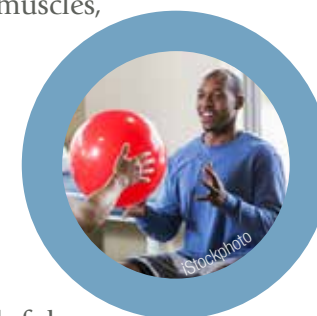
What is the difference between PT and OT?

PHYSICAL THERAPY (PT) treats the physical source of the problem, such as injured tissues and muscles.

It helps patients regain mobility after an injury or illness, and to prevent injury in the future. For example, if you spent your youth climbing rocks or shredding powder on your downhill skis, your joints and muscles may have experienced some wear and tear. A physical therapist can design a program that would help strengthen muscles, relieve pain, and prevent injuries.



OCCUPATIONAL THERAPY (OT) focuses on self-dependence through the accomplishment of routine activities such as bathing, feeding, or household chores. OT is especially helpful following an injury or certain degenerative situations. For example, if after a stroke one side of your body is weaker than the other, and you want to dig into a big, juicy steak, you might have trouble cutting into it with your weakened side. An occupational therapist would help find adaptive equipment, such as a special knife, to help you cut up your own food.



HOW DO YOU DO AUTUMN?

Ahhhh... Fall is upon us in Wyoming. People with tiny humans are slightly more sane now that school is back in session. Camo and bright orange vests and hats are back in style. Football season is in full swing. Some of us place bets on when the first snow will threaten us to put away our patio furniture and lawn mowers. Transitioning seasons isn't easy... and Teton Therapy is here to help you make the most out of your favorite Autumn activities! Call 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!