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[tetontherapypc.com](http://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



### IN THIS ISSUE

- Sheridan Celebrations
- “Why am I on this bike—again?!”
- Puppies and Kittens

# TETON THERAPY

*Pain Isn't Fun—But We Are!*

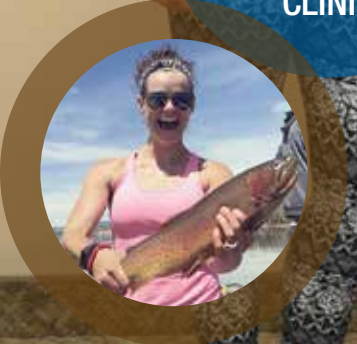


### STAFF PROFILE

An exuberant and warm Teton Therapy family shout-out to Keely, one of our new staff members joining our Riverton office. Originally from Omaha, Nebraska, she earned her Masters in Occupational Therapy from the College of Saint Mary. Throughout her career, she has concentrated on neurological diagnoses, such as brain injuries and spinal cord injuries. She also loves working with orthopedic and pediatric patients. When she isn't saving the world with her Occupational Therapy powers, you'll find her weightlifting, baking, and hiking with her husband and dog.



**KEELY TATRO**  
OTR/L  
RIVERTON CLINIC



## Teton Therapy in the Community

### Paws & Pearls Fundraiser

Paws & Pearls is the largest annual fundraiser for the Paws for Life Animal League—a No-Kill shelter located in Riverton, Wyoming, run entirely by a board of volunteers (including two of our staff members, Kaya Reed and Tara Carr). Since 2004, Paws has been caring for the stray, homeless, and abandoned animals of Fremont County and matches them with their forever homes. The Paws & Pearls event raises a great deal of money to help keep their doors open. Teton Therapy knows how much our animals help their humans—and is proud to sponsor this event. Join us at Paws & Pearls Wine Tasting & Auction on September 9, at Heritage Hall in Riverton. We'll be at the Spotlight Table!



Like us on Facebook

Visit us at [tetontherapypc.com](http://tetontherapypc.com)



### TIP OF THE MONTH THE BIKE WARM-UP

A common question we get from patients is: "Why am I on this bike—again?!" A less common question: "Do you have a secret basement of batteries that my bike pedaling is charging?" While that would be genius, here is the real reason: Even a few minutes on the bike gets blood flowing to your muscles so you are better prepared to move, stretch, and get the most from your PT session. Another benefit? It's also multi-tasking! While warming up, your therapist asks questions about how you're feeling, progress, pain, and concerns.



### SHERIDAN'S FIRST ANNIVERSARY PARTY

Whaaat?! It's been a year already? Hey Team Sheridan! Come out and wish us a Happy One Year Anniversary at the Teton Therapy Sheridan clinic on September 6, from 5:00-7:00pm. It may just be legendary.

Like us on Facebook

For more helpful health tips visit us at [tetontherapypc.com](http://tetontherapypc.com)



## 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!

## DID YOU KNOW?

### Occupational Therapy and the Brain

"Occupational Therapy can assist with recovery after neurological conditions, such as a head injuries or stroke. A wide variety of conditions can contribute to a change in brain function in your body - from dietary needs to accidents. OT can help strengthen arms and legs, improve range of motion, and help the brain re-connect to your body. We have a variety of treatments to help achieve your goals in recovery. Whether it is fishing, working out, cooking a meal, or even just going to the bathroom on your own, your goals are our goals and we are here to help you achieve them."

~ Keely Tatro



## SUCCESS STORY

"I am just so pleased with Teton Therapy - it is giving me my life back. I am able to play more with my grandson. I can open jars much better. I can wash my hair without pain. I am even back to gardening. And my chest pain has been non-existent! I would recommend them to anyone."



**CHERYL C.**  
(Sheridan patient)

"I am just so pleased with Teton Therapy"

istockphoto