



**TETON
THERAPY**

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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



TETON THERAPY

Pain Isn't Fun—But We Are!



APRIL: IN THIS ISSUE

- Happy OT Month!
- April Fools
- Dance like the Whole Town is Watching

STAFF PROFILE

Kandis has been a part of the Teton Therapy family since 2012 and she has proven herself a “Jane of all trades.” Part of our superb billing and insurance team, Kandis specializes in patient accounts and assisting the billing manager. She also covers the front desk, and when the big printer (named “Stan”) in the Riverton clinic acts out, Kandis is the first person on the scene. Outside of the office, Kandis is crafting, camping, and spending quality time with her growing family. How do you know when Kandis is in the building? You hear her contagious signature laugh, of course!



Kandis Gollihare
Billing & Patient Accounts

Teton Therapy in the Community

A Dance Off to Benefit Fremont County's CES

Every year the staff at Teton Therapy looks forward to sponsoring and attending Community Entry Services' biggest fundraiser of the year. It is a night jam-packed with food, drinks, comedy, and best of all—incredible dance routines from local residents. Our community members team up to form dancing duos and dazzle the audience with their performances showcasing hard work and talent. Dancing with the Stars will be held May 5th, 2018, at the Lander Community Center. We've got two tables—see if you can spot us! We will be the ones cheering the loudest. Again.



Like us on Facebook

Visit us at tetontherapypc.com



TIP OF THE MONTH HOW TO CELEBRATE OCCUPATIONAL THERAPY (OT) MONTH

1. Wish our Teton Therapy captain, Jeff McMenemy, a happy birthday! He was born in OT Month and he is also an OT. Was it fate?
2. Find out more about occupational therapy. What is it? How can this therapy approach help you or your loved ones? We love to talk about it!
3. Pop in to one of our offices and say hello to your OT. They miss you, and they are wondering how you're doing.
4. Have you, or someone you love, ever been treated by an occupational therapist?

Share your story! It might inspire others to get help and live healthier, more independent lives.

IN THE SPIRIT OF "APRIL FOOLS"

Have you ever completely covered your coworker's desk with Saran wrap?

Have you ever filled an entire office with balloons?

Have you ever put a piece of tape under your coworkers mouse so it doesn't work?

Have you ever filled a bucket with glitter and left it on the precariously far corner of a desk?

Yeah. Neither have we.

What are some of your favorite April Fools Pranks?

 Like us on Facebook

For more helpful health tips visit us at tetontherapypc.com

SUCCESS STORY

CINDY W.
(Sheridan patient)

"I loved how welcome I felt coming to the clinic at each appointment."

"Eleven years ago I was mugged and injured when I would not let go of my bag. Since then, I had increasing shoulder pain, eventually limiting my ability to drive, work, and do things I love—like fishing. I also developed nerve damage from the injury, making it difficult to write and perform precise tasks with my dominant hand. Ten years later, I decided to make an appointment at Teton Therapy. Within a month, my shoulder pain was all but gone and I was able to resume driving. I can work without limitations from pain and fatigue. I can fish to my heart's content without worrying about how much pain I will be in for the next few weeks! My handwriting has improved and I now have some good strategies for staying pain-free. What I loved most about Teton Therapy was how much Ginny cared about me, how we worked together to come up with solutions, and how welcome I felt coming to the clinic at each appointment."



DID YOU KNOW?

A Brief History of Occupational Therapy

The first records of occupational therapy date as early as the 18th century when relaxing activities and specific work tasks were used therapeutically for institutionalized patients. Later, in the 1800s, activities such as sewing, gardening, and listening to music were more widely accepted and common in treatment programs. By 1914, the term "Occupational Therapy" was coined by George Edward Barton, a man who had personal experience with OT when he recovered from an illness.

Occupational Therapy was made an official profession in March 1917 at the first meeting of the National Society for the Promotion of Occupational Therapy. OT evolved following both World Wars when servicemen and women suffering from mental and physical injuries needed help adjusting as they returned from duty. Today, OT focuses more on education, prevention, health, and screenings to improve patients' quality of life.

For over a hundred years, Occupational Therapy has grown widespread in both popularity and availability. OT provides creativity and expertise to make the world more accessible for everyone. From the elderly, to young children with developmental disabilities, or to those who have an extremity injury, occupational therapy can lead to healthier and more independent lives.



IN LIKE A LION, OUT LIKE A LION

Spring in Wyoming is its own unique season. Do you have flip-flops, trail shoes, snow boots and snow shoes piled at the ready in your closet? Not unlike the human residents, bulbs planted last fall brave the early warm days only to be blanketed by another round of winter. (No big deal, we got this.) While you flip the pages of your seed catalog, or tune up your bike, you may also be thinking about how you will make the most of this next season. Teton Therapy is here to help you be your best and most flexible, capable, pain-free self. 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!