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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



### JULY: IN THIS ISSUE

- The Secret “Wonder Drug”
- Treating Parkinson’s Disease
- America’s Birthday
- Rodeos, rodeos, rodeos!

# TETON THERAPY

*Pain Isn’t Fun—But We Are!*



## Kristen Lampela

Front Desk,  
Lander clinic



### STAFF PROFILE

It all began in March of 2016, when Kristen, fresh from the Upper Peninsula of Michigan, joined the Teton Therapy team as a Therapy Technician in Riverton, Wyoming. Soon after, she became the front desk coordinator at the Lander clinic, where her bubbly, feisty personality shines. When you step into the Lander clinic, you’ll likely be met with her signature greeting, “What’s up, buttercup?” Kristen states that more than anything she loves encouraging patients and seeing them progress through therapy. We feel fortunate that she traded the Great Lakes of Michigan for the Mountains of Wyoming...our days would be less sparkly and bright without her. Oh, and did we mention that she has an adorable chocolate labrador named Sissy?



## Teton Therapy in the Community

### Sheridan Rodeo & Cheyenne Frontier Days

Aaah rodeos...the roar of the crowds, the echo of the announcer’s voice, the sights and smells of animals, the dusty clouds kicked up from under heels. It doesn’t get more “Wyoming” than that. While there are many rodeos all across the state this summer, we are eager to get to the Sheridan Rodeo and Cheyenne Frontier Days. The spectacular Sheridan Rodeo will go down from July 9-15, while the famous Cheyenne Frontier Days will go on from July 20-29. We’ll be at these events cheering on the cowboys and cowgirls as they compete with their broncs and bulls. There is so much fun to be had at these events that we can’t list it all in this one little newsletter. Get on down to the rodeos this month and see for yourself the traditions that make our Western communities culturally rich and unique.



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### LOOK FOR US

#### Lander July 4th: Parade, 5k, Half Marathon

You can bet that the Teton Therapy team wouldn't miss an opportunity to celebrate America's Birthday in style! You'll see us in Lander, running in the Challenge for Charities 5k and Half Marathon races, and then maybe you'll spot us during the famous parade. We'll be the loud ones dressed in red, white, and blue. Does that help?

### TIP OF THE MONTH WE TREAT PARKINSON'S IN A BIG WAY

Parkinson's Disease is a neurological disorder that affects around one million people in the United States. The symptoms of Parkinson's Disease include tremors, slowness of movement, limb rigidity, and gait and balance problems. However, with the proper treatments, it is still possible to have a great quality of life. At Teton Therapy, we have physical therapists who are now certified in "LSVT BIG therapy". This treatment helps individuals with Parkinson's use bigger movements in their everyday lives. This empowers our patients to keep moving and stay active, which is extremely important when treating Parkinson's. We have certified LSVT BIG physical therapists in our Lander clinic and our Riverton clinic, and our physical therapists in Sheridan and Cheyenne are also able to treat Parkinson's. If you have more questions about how we can treat Parkinson's Disease, contact us today and set up a free consultation.

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



## THE WINDS WILL BLOW YOU AWAY

Wyoming is home to some of the most spectacular mountain ranges in the world. The Tetons and The Bighorns deserve props for their beauty, but the big daddy of them all is nestled towards the middle of our state: The Wind River Mountain Range, known locally as "the Winds." The Winds are home to the highest peak in Wyoming: Gannett Peak. Thousands of backpackers, hunters, fishermen, and wandering spirits visit each year. Climbers from all over the world take advantage of this beautiful and ancient range. Teton Therapy is proud to serve residents in this area; we help keep elbows, shoulders, knees and the rest of your body healthy and pain free.

### SCHEDULE A FREE CONSULTATION TODAY

**RIVERTON** 307-857-7074    **CHEYENNE** 307-514-9999  
**LANDER** 307-332-2230    **SHERIDAN** 307-683-0123



### PASS IT ON!

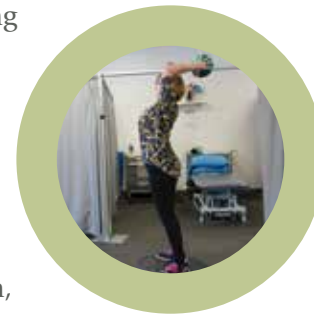
Pass along this newsletter to someone you know who is suffering with pain or refer them to Teton Therapy. Give the gift of health!



## DID YOU KNOW?

### Movement as Medicine

Exercise may be the closest thing to a "wonder drug" there is. Physical activity helps improve blood circulation, prevents bone loss, helps manage stress, and more. According to the American Heart Association, people who are physically active and at a healthy weight live about 7 years longer than those who are not. And, according to the Cleveland Clinic, exercise can also help with mild cognitive impairments such as a decline in memory and thinking skills. The list of the benefits of physical activity goes on and on and on. Are you interested in exercising more, but need some tips? Or maybe you have a pain, injury, or other physical limitation that is preventing you from moving as much and you'd like? Call us! We're pretty nice to talk to on the phone, and, more importantly, we offer free



consultations at all of our locations to help get you started on your active lifestyle.

**BRAIDEN M.**  
(Sheridan patient)

"It's been so great to see him doing so well!"

## SUCCESS STORY

"Braiden has struggled with anger and behavioral issues his whole life, and has been slower to meet his developmental goals. Since he started occupational therapy, Braiden has been able to manage his behavior more consistently, which allows him to participate more in the classroom and meet his educational goals. He is eating a greater variety of foods, and he is able to snap his Levi's, which he wasn't able to do before OT. He is managing his bathroom routine independently, and his balance and coordination have improved. Best of all, we have a home program that will help him to continue to progress. He has improved so much in such a short time, and it's been so great to see him doing so well!"

