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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

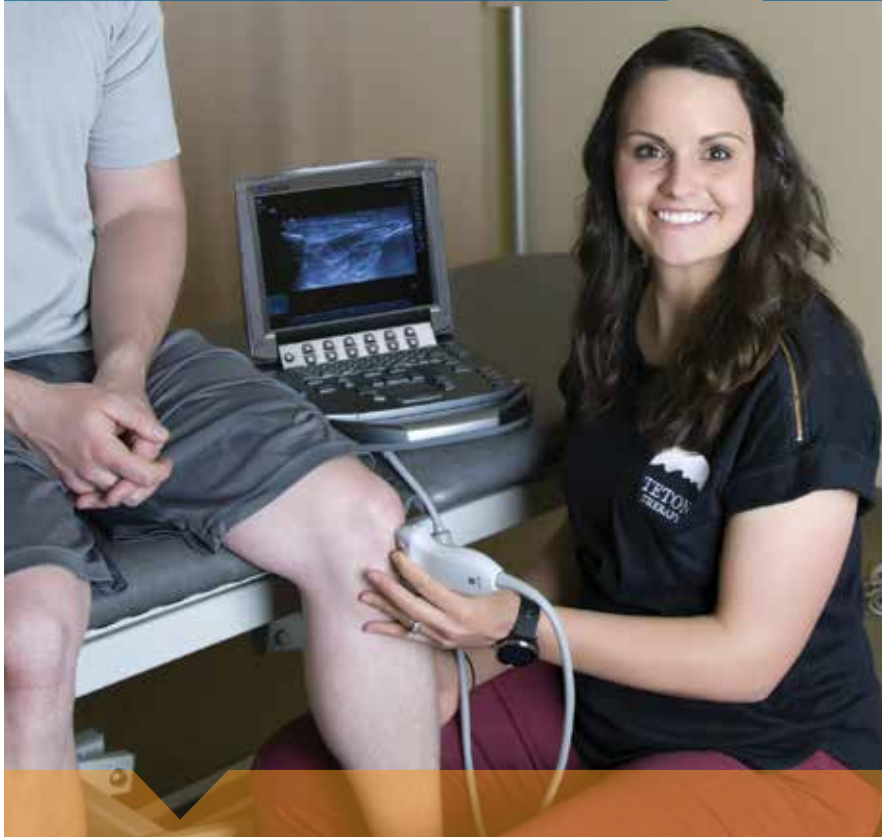


JUNE: IN THIS ISSUE

- BREAKING: We Offer Diagnostic Testing
- A warm welcome to a New PT
- A Super Long Trail Run

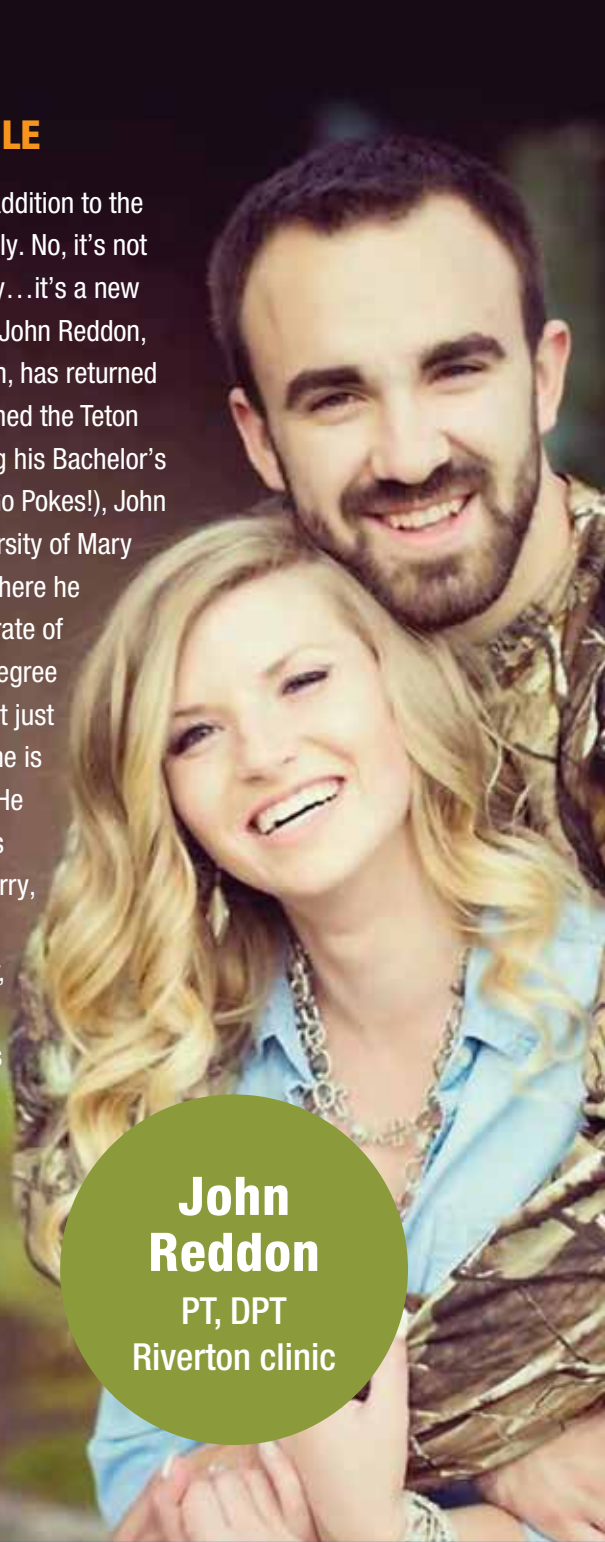
TETON THERAPY

Pain Isn't Fun—But We Are!



STAFF PROFILE

We have a recent addition to the Teton Therapy family. No, it's not a new bundle of joy...it's a new physical therapist! John Reddon, a native Rivertonian, has returned to his roots and joined the Teton team. After earning his Bachelor's Degree from UW (Go Pokes!), John attended the University of Mary is Bismarck, ND where he received his Doctorate of Physical Therapy degree in 2018. John is not just a new therapist—he is also a newlywed! He devotes most of his time to his wife, Perry, and their beloved dog, Gus. Together, they embark on outdoor adventures as only you can find in Wyoming. We are excited to have another set of hands to treat our patients in Fremont County.



John Reddon
PT, DPT
Riverton clinic

Teton Therapy in the Community

Now Open: Kid (And Parent) Paradise

Have you ever been stuck inside your house on a cold winter day with a small, energetic child and thought, “Why, oh why, don't they make indoor playgrounds for days like these?!” Has your teenager ever been bored and lacking a safe, comfortable place outside the house to hang with their friends? Citizens of Fremont County, we have great news for you! Alpha Recreation Center has recently opened in Lander, and it offers all kinds of merriment at affordable prices. Teton Therapy is a proud supporter of ARC; we believe in its mission to provide recreational activities and organized events for kids in a safe, supervised environment. But wait! The ARC team hasn't stopped yet—they are currently installing a basketball court, zipline, and climbing wall. There will also be a cardio room where you can take fitness courses while someone else watches the kids. Genius! Sign us up!



Like us on Facebook

Visit us at tetontherapypc.com

SUCCESS STORY

“I woke up one morning with a stiff neck, and over the next few days it got worse. Pain, numbness, tingling, and weakness spread down into my arm, hand, and middle finger. I couldn’t concentrate on patient care at work because it was so painful. I couldn’t sleep at night, which made me grouchy during the day. I thought for sure that I was heading down the road for surgery. Then, Sarah did an Electromyogram and Nerve Conduction Study on me, which let me know I didn’t have nerve damage and the irritated nerves would get better with time. With just physical therapy, I’m almost back to normal. I avoided surgery, and I’m back to treating my patients!”



MARK D.
(Riverton patient & employee)
“I’m back to treating my patients!”

DID YOU KNOW?

What exactly is an NCS, EMG, or Diagnostic Ultrasound?

A nerve is a structure that carries electrical impulses to and from your brain. For example, if you touch a hot stove, sensory nerves tell your brain that it hurts, and then the brain sends a message to move your hand. A Nerve Conduction Study (NCS) tests the speed of the nerve signal to and from the brain, as well as the location of a damaged nerve. An Electromyogram (EMG) tests how severe the nerve damage is. An EMG and NCS can help diagnose conditions such as nerve entrapment (e.g. carpal tunnel), neuropathy (damage to nerves), radiculopathy (nerves pinched in the neck and back), and even neurological disease processes such as Guillain-Barre, Lou Gehrig’s disease, and Multiple Sclerosis.

Think of a diagnostic ultrasound as a picture inside the body; it allows us to see joints, muscles, tendons, and bones. Unlike with an MRI and X-ray, an ultrasound allows us to quickly look at both sides of the body to compare differences. For instance, if you have pain in your left knee, we can use an ultrasound to see if it’s arthritis, swelling, torn ligaments, or an inflamed tendon. We can then compare it to your other knee to determine whether it’s abnormal or not. As a therapist, the goal is to get a patient back to “normal” anatomy. A diagnostic ultrasound can assess the normality of shoulders, elbows, hands, wrists, hips, knees, ankle, and feet.

Want more information? Call our Riverton, Lander, or Cheyenne locations to learn more!



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!

TIP OF THE MONTH

EMG, NCS, Ultrasounds—Oh My!

At Teton Therapy, our #1 goal has always been to get our patients better as quickly as possible. It’s our unwavering mission. Our therapists want the latest tools at their disposal to quickly address their patients needs. They want to know immediately what they’re treating and how to treat it. We have recently invested in tools that will help save our patients’ time, money, and frustration. In our Riverton, Lander, and Cheyenne locations, we offer diagnostic testing that will help our patients and providers—Electromyography (EMG), Nerve Conduction Study (NCS), and Diagnostic Ultrasounds. What exactly do these tests do? Check out our “Did You Know” section of the newsletter to learn more!



LOOK FOR US

Bighorn Mountain Trail Run

See if you can spot Teton Therapy volunteers at the 2018 Bighorn Mountain Trail Run in Sheridan from June 14-16. This scenic and challenging race through the Bighorn Mountains allows participants to choose between running 18 miles, 32 miles, 52 miles, and even 100 miles. Wow...makes us sweat just thinking about it.

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