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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



MAY: IN THIS ISSUE

- PT and OT Graduates
- Pugs that Frolic
- Is it Spring Yet?

TETON THERAPY

Pain Isn't Fun—But We Are!



STAFF PROFILE

Allison has been part of the Teton Therapy team since 2016. She is a Physical Therapy Assistant treating patients at our Cheyenne clinic and in Laramie. Born in Sheridan, she has lived all around the state and loves every corner, peak, and valley of Wyoming. Allison has a degree in Kinesiology and Health Promotion from the University of Wyoming (Go Pokes!) and graduated from the PTA program at Laramie County Community College. Allison is an avid skier and adventurer and when not in the office you will likely find her playing in the great outdoors.



Allison Flickinger
PTA
(Cheyenne)

Teton Therapy in the Community

Congratulations, Graduates!

At Teton Therapy, we love training and mentoring physical and occupational therapy students. We take immense pride that we are a training facility for these future caregivers. What better way to contribute to the PT and OT fields than by helping to build up its future?

Our PT and OT graduates should be proud of all the hard work they poured in their studies. We watched how much time and energy they have invested. It is not easy—not even a little (we definitely know). These graduates have officially started their journey of transforming lives and we are proud of each and every one of them.

Congratulations, to all new PT and OT graduates!



Like us on Facebook

Visit us at tetontherapypc.com

SUCCESS STORY

"I have come to Teton Therapy for various injuries. Everything from back pain, neck injuries, and post-surgical shoulder therapy, and a host of other minor strains and inflamed joints over the years. Each time my symptoms or injury healed as long as I followed through with their program. They know exactly how hard to work a certain area by closely monitoring my level of progress. I still visit Teton Therapy for a free consultation if I feel like I might have pulled a muscle or a new injury. Thanks to the professionals at Teton Therapy, I am feeling healthy and back to hitting it hard at the gym! I always looked forward to my appointments at Teton Therapy. The staff there made it very enjoyable. I came out of it with not just a healed injury, but also a handful of new friends."

DAVE L.
(Riverton patient)

"I always looked forward to my appointments at Teton Therapy."

DID YOU KNOW?

PT & OT JOKES (Yes, they exist)

"Knock, Knock"
"Who's there?"
"HIPPA"
"HIPPA Who?"
"I'm sorry. I can't tell you that."

I had a patient who was a dairy farmer... so I gave him a calf stretch.

I had a patient who likes seafood... so I gave him clamshells.

Q: How many occupational therapists does it take to screw in a lightbulb?

A: None. We'd teach the lightbulb to change itself.

None of these jokes are humerus...
But it's going tibia ok.



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!

TIP OF THE MONTH

Teton Therapy's Favorite Spring Activities

ARIEL: Biking and hiking, even if it means slogging through leftover snow.

TARA: Running races, watching her pugs frolic in the sun

JOHN: Playing rugby (and then becoming a PT patient due to playing rugby)

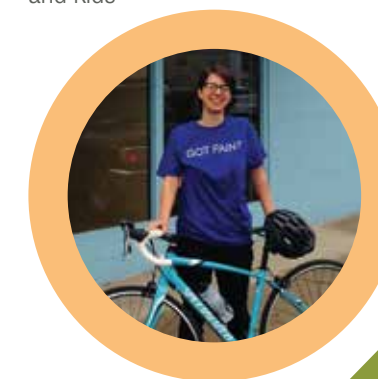
MARK: Cheering for the St. Louis Cardinals

RYAN: Celebrating his birthday on April 31st

KIM: Being the best darn middle school girls' softball coach

GINNY: Getting ready for another season of hot air ballooning & honeymooning with her hubby

BEN: Singing Disney tunes in the springtime sunshine with his wife and kids



LOOK FOR US

Ultimate Towner in Jackson, WY

On Sunday, May 20th, Team Teton Therapy will be competing in the Ultimate Towner obstacle course in Jackson. This crazy-fun team-building experience is full of mud, walls, and running up Snow King (no, really). The proceeds from this year's event will go to the Doug Coombs Foundation, which helps economically disadvantaged children have better access to outdoor activities. Come race alongside us!

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For more helpful health tips visit us at tetontherapypc.com