



TETON
THERAPY

820 W. Main Street
Riverton, WY 82501
307-857-7074

1507 Stillwater Ave, Ste A
Cheyenne, WY 82009
307-514-9999

425 Lincoln Street
Lander, WY 82520
307-332-2230

727 E. Brundage Lane, Ste L
Sheridan, WY 82801
307-683-0123

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 McMenemy
OTR-L, CEO, Owner



NOVEMBER: IN THIS ISSUE

- Your low back hurts, right?
- A word about Jeff
- Diagnostic testing, explained

TETON THERAPY

Pain Isn't Fun—But We Are!



Jeff McMenemy

OTR/L, CEO,
OWNER

STAFF PROFILE

Jeff McMenemy is a passionate guy. He is always looking for ways to help people reach their potential. From a young age, he was an entrepreneur, selling nightcrawlers to anglers. His passion for helping others led him to open his first therapy clinic in Riverton, Wyoming in 2001. This led to opening 3 more clinics. That entrepreneurial spirit has inspired Jeff to seek a faster way to get the best results for patients. He discovered that therapists need a better, faster way to find the exact source of what is causing pain or weakness. Teton Therapy became the first therapy clinic in the state to implement diagnostic ultrasound, nerve conduction studies, and electromyograms. These tests allow the therapist to customize a treatment plan specifically designed for your unique injury. Diagnostic testing is available to our Riverton, Lander, and Cheyenne patients. Jeff, thanks for always being innovative and providing the citizens of Wyoming new and more cost effective ways to feel better quickly. Want to learn more? Call us today.



Teton Therapy in the Community

Riverton Ice Hockey Association

If you've ever met Jeff McMenemy, owner and CEO of Teton Therapy, you know about his passion for ice hockey. Growing up in Minnesota, you could say he was born with a pair of skates on. Jeff and his wife, Mic, wanted to show their support for the Riverton Ice Hockey Association by helping to purchase a new Zamboni, which is the big machine that cleans and resurfaces the ice. With the help of matching funds, they were able to purchase one in 2016.



As business owners, it was their honor to support the community of Riverton with this gift. Hockey teaches grit, determination, teamwork, and physical fitness--all things that Teton Therapy is passionate about, and all things that are required for a successful physical and occupational therapy program. Make sure you get to a game this season and support this organization!



Like us on Facebook

Visit us at tetontherapypc.com



Wait, What? FREE Consultations? Nothing is free anymore, right?

COME BACK AND SEE US

We want to know how you are doing!

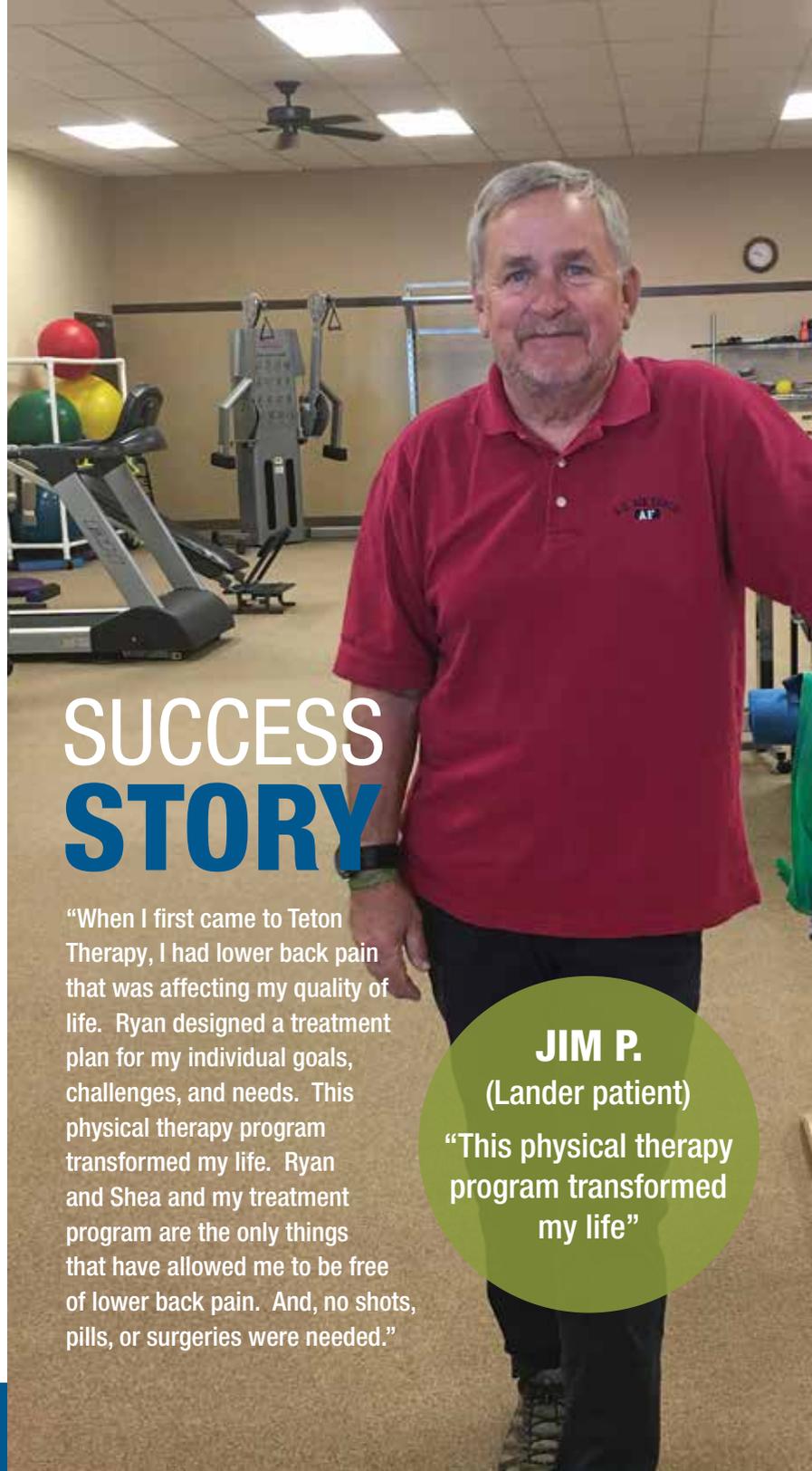
You may be discharged from PT or OT, but that doesn't mean you can't stop in the say hello. How are you doing 2 weeks after therapy? How about 3 months? We want to know. Come in for a free "tune up", or to let us know how you're doing. Or maybe just to talk about the weather.

WRONG!

We are often asked why we provide free consultations at our clinics. A founding principle at Teton Therapy is that no one should have to live in pain. You may need therapy to relieve your pain, or you may just need exercises you can do on your own at home. A free consultation with a licensed therapist will determine what course of treatment is needed. You receive 30 minutes of one-on-one time with a therapist. It's that fast and simple. Want to learn more? Contact any of our four locations to schedule your free consultation.

 Like us on Facebook

For more helpful health tips visit us at tetontherapypc.com



SUCCESS STORY

"When I first came to Teton Therapy, I had lower back pain that was affecting my quality of life. Ryan designed a treatment plan for my individual goals, challenges, and needs. This physical therapy program transformed my life. Ryan and Shea and my treatment program are the only things that have allowed me to be free of lower back pain. And, no shots, pills, or surgeries were needed."

JIM P.
(Lander patient)
"This physical therapy program transformed my life"

DOCTORS' NOTE

We Perform Diagnostic Testing for Your Patients

Teton Therapy is now offering diagnostic testing to our Riverton, Lander and Cheyenne patients. What does that mean for you as a clinician? It means you don't have to wait 6 weeks for patients to get scheduled for these tests. It means you can use Teton Therapy to confirm your suspicions about a patient's injury. It means you can save time and your patients save money. Our EMG's and NCS's are reviewed and interpreted by Dr. Mark Brooks who has over 20 years experience in diagnostic testing. Our Ultrasound images are reviewed by Dr. Mohany Rowaht. Both of our mentors critique our testing to high standards so we can provide you with the most accurate data to treat your patients.

Teton Therapy invested in this technology to better pinpoint the source of a patient's pain and provide a more targeted therapy experience. The result is better, faster care for your patients. With insurance benefits ever evolving and often diminishing, we are proud of staying up-to-date with our treatment services.



TIP OF THE MONTH LOW BACK PAIN: A LIFE SENTENCE?

Most people will experience back pain in their lifetime. But here's what we want everyone to know: *you do not have to live with it!* Improved core strength, better body mechanics, and good posture can all provide relief.

Let's start with something basic: sitting. Instead of sitting in a "C" shape (shoulders curved over, butt curved under), poke your butt out behind your spine and then sit. Don't try to straighten your upper body. Focus on the lower back and pelvic area. An easy way to remember this is to think of a dog and it's tail: push your bottom back so you don't sit on your "tail".



Do you want some tips to help with your low back pain? Our therapists are experts and want to help. Call us, stop in our clinic, send us a message. Please, don't "just deal with it."

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!