



**TETON**  
THERAPY

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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



# TETON THERAPY

*Pain Isn't Fun—But We Are!*



## OCTOBER: IN THIS ISSUE

- Do your homework. Seriously.
- Parkinson's treatment
- Breakfast Cake

## STAFF PROFILE

If you're lucky enough to meet Shea, the first thing you may notice is that she is a Physical Therapist Assistant (PTA) who is attentive and thoughtful towards all of her patients and coworkers. Shea first worked for Teton Therapy back in 2010, and we are so fortunate to have her return to work in our Lander clinic. From her hometown of Evanston, she moved to the University of Wyoming where she was student athlete, diving competitively all four years she was there. Shea realized she wanted to be a PTA, and the rest is history.

Shea and her husband, Scott, are adventurous and active and love taking full advantage of the lifestyle that Wyoming has to offer. Live music, biking, running, skiing--they do it all! Stop in the Lander office with gluten-free scones (or, as Shea calls it, "breakfast cake"), and say "heyyy"!

**Shea Boyle**  
PTA,  
Lander clinic



## Teton Therapy in the Community

### Kiwanis International

At Teton Therapy, we take pride in our employees' commitment to service. One of the service organizations that we're happy to support are the Kiwanis clubs in both Lander and Riverton. If you aren't familiar, Kiwanis is an organization of volunteers dedicated to serving the children in our communities. This civic group has provided so much, from scholarships to playground equipment to educational field trips, and more. If you're interested in learning more or giving your support, research your local Kiwanis club, or show your support by attending Kiwanis fundraisers. Maybe we'll see you at the next meeting!



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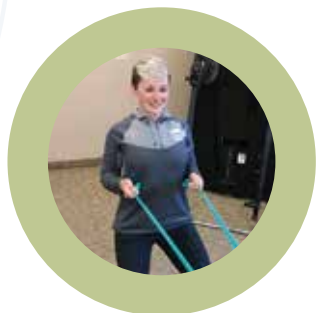
Visit us at [tetontherapypc.com](http://tetontherapypc.com)



### LOOK FOR US

#### Supporting Leadership Fremont County

Leadership Fremont County is a nine month program where participants can network, develop leadership skills, and learn about the history and culture of beautiful Fremont County. We're giving a shout out to all past and present participants, and a big thanks to those who help make this opportunity happen.



### TIP OF THE MONTH HOMEWORK? FOR THERAPY? ARE YOU KIDDING?

Believe it or not, one of the most important parts of your physical or occupational therapy program is your home exercise program. You're coming in 3 times per week to see your therapist, but the work shouldn't stop when you leave the clinic. Doing your home exercises will help you get better quickly, which means you'll spend less time and money \$\$\$ in the clinic, and you'll be able to get back to the important activities in your life. The lesson is: do your homework! If you ever feel uncomfortable or don't understand your home exercises, talk to your therapist right away.

Like us on Facebook

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



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

**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.

#### 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!

## DOCTORS' NOTE

### Parkinson's and LSVT BIG

Although Terri had been to physical therapy at Teton Therapy in the past, she recently returned for something a little different. In June, she teamed up with physical therapist John Reddon for a specific treatment called "LSVT BIG", which would help manage her Parkinson's Disease. John was determined to help Terri manage her symptoms, which would prevent injury and help maintain a great quality of life.

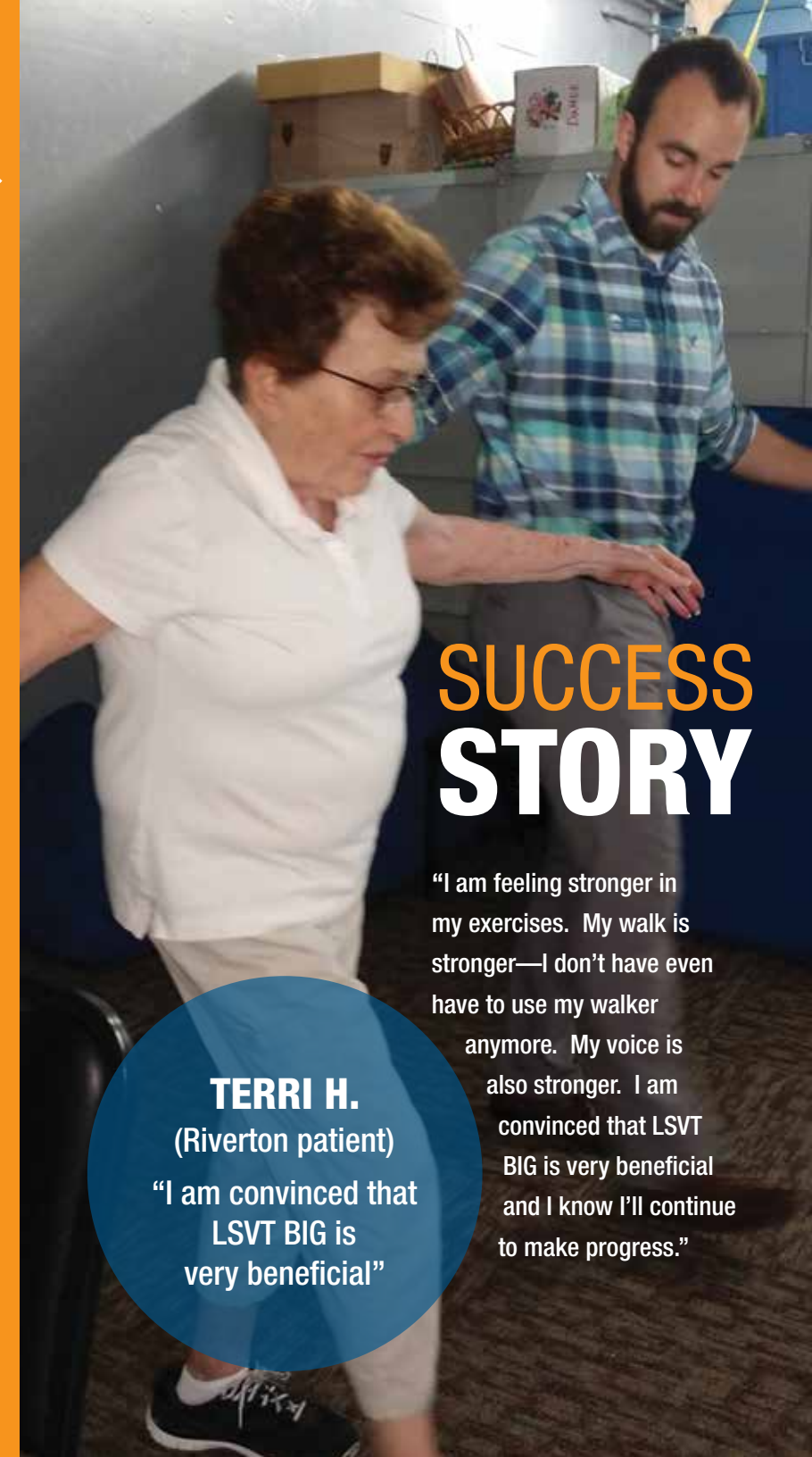
The idea behind LSVT BIG is to help people with Parkinson's use "bigger" movements in their everyday living. This allows people to keep moving and stay active. It can help with:

- Faster walking with bigger steps
- Improved balance
- Increased trunk rotations
- Improvements in activities of daily living such as bed mobility

LSVT BIG treatment consists of:

- 16 sessions: 4 consecutive days a week for 4 weeks
- Individual, one-on-one hour-long sessions
- Daily homework practice
- Daily carryover exercises

We have certified LSVT BIG physical therapists in Riverton and Lander. Call our Riverton clinic and ask for John Reddon, or call our Lander clinic and ask for Ryan Flatt to schedule an appointment or to learn more about LSVT BIG.



## SUCCESS STORY

"I am feeling stronger in my exercises. My walk is stronger—I don't have even have to use my walker anymore. My voice is also stronger. I am convinced that LSVT BIG is very beneficial and I know I'll continue to make progress."

**TERRI H.**  
(Riverton patient)  
"I am convinced that LSVT BIG is very beneficial"