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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



SEPTEMBER: IN THIS ISSUE

- ALL NEW: Doctors' Note
- Peggy's PT success
- Full of Hot Air

TETON THERAPY

Pain Isn't Fun—But We Are!



STAFF PROFILE

Originally hailing from Lovell, Brian is born and bred Wyoming. Staying true to his “Cowboy” roots, he attended the University of Wyoming where he earned his bachelor's degree in Kinesiology, which is the study of body movement. This set the perfect stage for him to earn his Doctorate of Physical Therapy in 2011. It didn't take long before he embarked on the adventure of a lifetime when he opened his own clinic in Sheridan in 2016 with his business partners, Ginny and Jeff. But it's not all business with Brian.

He married his wife Raegan in 2004, and they've been blessed with three beautiful children. By day, Brian helps his patients heal. By night, you'll find him doting on his family, grooving to some sweet tunes, or playing a classic video game. Super Mario? More like Super Brian!

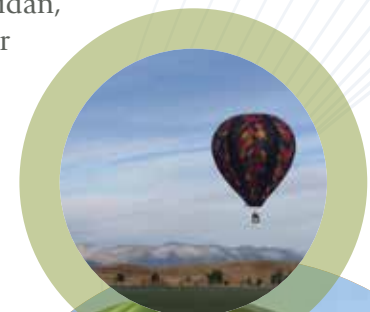
Brian Allred
Physical Therapist,
Co-Owner
Sheridan clinic



Teton Therapy in the Community

Balloon the Bighorns

Not only is Ginny Rieger an outstanding occupational therapist and co-owner of Teton Therapy's Sheridan clinic, she is also a certified, bona fide Hot Air Balloon Pilot. She helped organize a rally right here in Sheridan! Balloon the Bighorns brings visitors to Sheridan, boosts the economy, and allows our people to show off the majesty of the Big Horns from way up high. This is a two day event, and it's free and open to the public. If you're in the area, go check out Balloon the Bighorns. September 8-9 at the Big Horn Equestrian Center. See if you can spot your house from the balloon!



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Visit us at tetontherapypc.com

SUCCESS STORY

PEGGY H.

(Sheridan patient)

“I am actually more limber than I was before the injury!”

“I injured my back in December and tried to ‘push through’. It was my busy time at work, after all. Finally, at the end of February I was unable to sit, stand, or walk without pain, so I started physical therapy the very next day. I am so happy that I chose Brian and Teton Therapy. My progress was amazing and the treatment was a stunning success. I am now able to complete my normal daily tasks without pain. In fact, I am actually more limber than I was before the injury! My young grandsons are visiting, and I have been able to go on long hikes in the mountains and play all kinds of games with them. Without Brian and Teton Therapy, I would not have been able to withstand the pain of hours-long plane rides it took to pick them up for our summer visit.”



DOCTORS' NOTE

Does your patient suffer from:



- Pain for more than two weeks?
- Dizziness or loss of balance?
- Malingering?
- Functional Capacity Evaluation needed?
- Tingling or numbness?

For any checked boxes please refer your patient to Teton Therapy.

We know that you often have precious little time with your patients. Sometimes it can be hard to address all of their needs in one visit. We're here to help. Our physical and occupational therapists are ready to team up with you to give your patient the best quality of care possible. Fax your referrals to us today, or call and find out what our team is all about. We're here for you and your patients.



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



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!

TIP OF THE MONTH

Age Independently - Don't "Fall" Into A Trap

Did you know that in 2025, Wyoming is set to have the second oldest population in the nation? With that in mind, it's becoming more important for aging folks to stay independent.

One huge thing you can do to stay independent is prevent falls. Falling puts 33% of older adults in the hospital, and can cause serious head injury or hip fracture. If you feel unsteady or unbalanced when you walk, or if you are worried about falling at home, contact a physical or occupational therapist right away. They can help you get better balance and strength, and evaluate your home for safety. It's easier and less painful to prevent injury rather than treat it. Don't wait!



LOOK FOR US

Party at Our Place!

Join us at our Riverton clinic on Thursday October 4, 2018 from 5-7pm for Business After Hours. Everyone's invited! We are serving drinks, desserts, food, and fun in celebration of PT Month. Will there be cupcakes? Definitely. Will Rachael, Jeff, and Nancy be dressed in costume as the Three Musketeers? You'll have to stop by and find out...

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