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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



### DECEMBER: IN THIS ISSUE

- Doctors, we've got your back.
- Meet one of our new PTs
- The best poem ever written?

# TETON THERAPY

*Pain Isn't Fun—But We Are!*

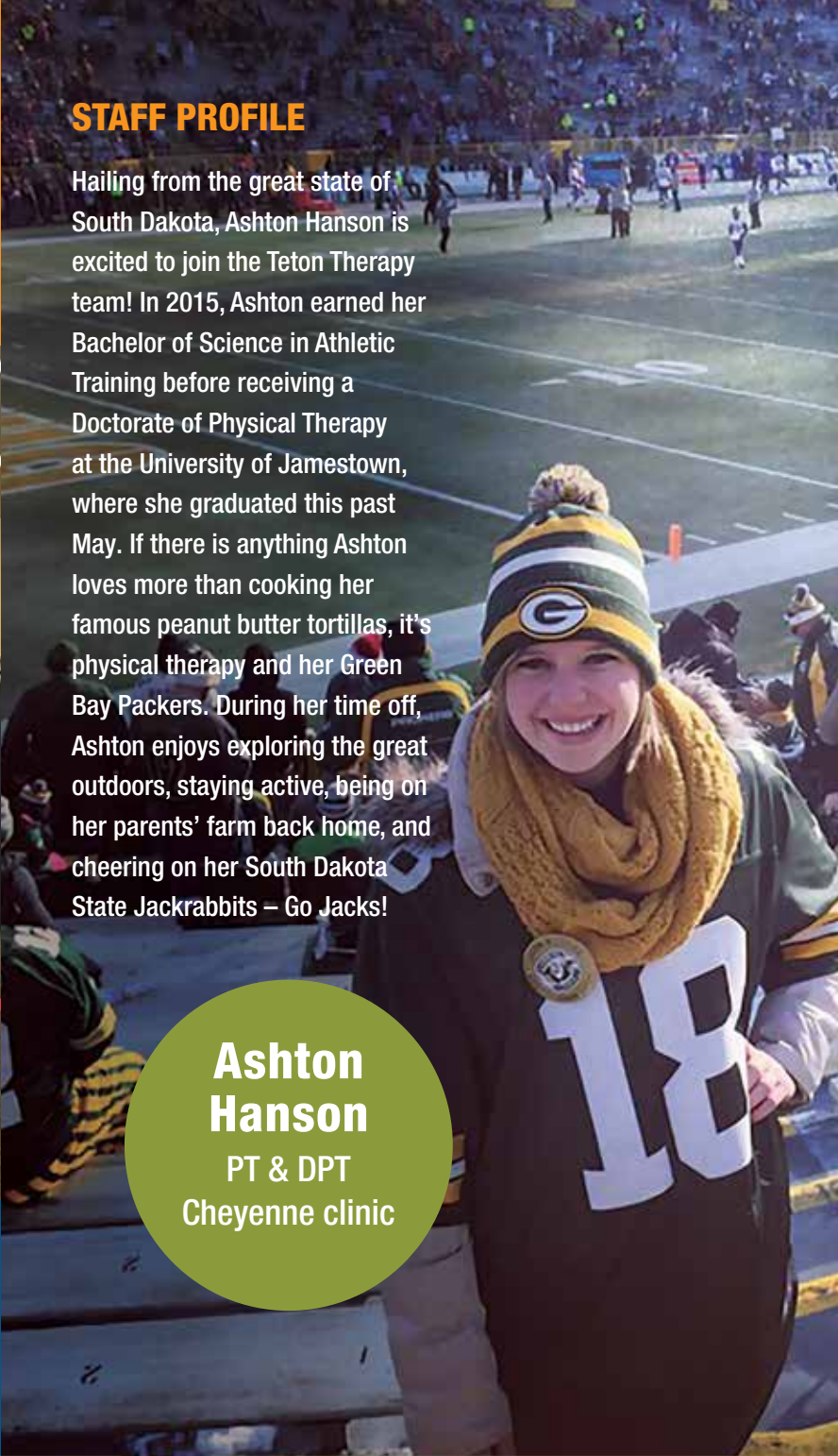


### STAFF PROFILE

Hailing from the great state of South Dakota, Ashton Hanson is excited to join the Teton Therapy team! In 2015, Ashton earned her Bachelor of Science in Athletic Training before receiving a Doctorate of Physical Therapy at the University of Jamestown, where she graduated this past May. If there is anything Ashton loves more than cooking her famous peanut butter tortillas, it's physical therapy and her Green Bay Packers. During her time off, Ashton enjoys exploring the great outdoors, staying active, being on her parents' farm back home, and cheering on her South Dakota State Jackrabbits – Go Jacks!

**Ashton Hanson**

PT & DPT  
Cheyenne clinic



## Teton Therapy in the Community

### Happy Shoe Year!

Thinking about tossing your old, worn shoes in the garbage? Well, think again! This holiday season, Teton Therapy in Cheyenne is helping those in need by donating used or new, wearable shoes. The Holidays are a time to spread love to one another, and what a better way than by helping those in your own community. In addition, by recycling your shoes through donations, you are reducing waste on our planet. Through January 1st, bring your shoes into Teton Therapy's Cheyenne clinic to be donated to the Comea Shelter & Goodwill. Used shoes are new beginnings!



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# SUCCESS STORY

“Thanks to Teton Therapy, I shopped for 2 hours yesterday without the electric cart and *no cane*. The grocery store was a good test for me because I was

able to make several trips up and down the aisles.

Then I came home, made a batch of cookies and Rice Krispie treats, and cooked a full supper.

And without the use of crutches or a cane! I’m sore, but it feels *so good!*”

**PATTI F.**

(Riverton patient)

“I’m sore, but it feels so good!”

## DOCTORS’ NOTE

We’re here to help you and your patients.

These days, providers get to spend less time with their patients than they’d like to. We’re strapped for time, but we also want to provide the best care possible. If you feel that your patients or loved ones could use more help on their wellness journey, that’s what we’re here for.

Have a patient with back pain that you just don’t have time to completely address? Send them to our physical therapists. Know a patient or a loved one that keeps falling or losing balance? Someone with numbness or burning sensations in their arms or legs? Send them to us.

We’re here to support doctors, providers, and their patients. We want to team up with you to offer the best possible care. If you want to learn more about collaborating with our physical and occupational therapists to better help our communities, call our offices!



## Big Love for the Bighorns

If you look to the Northern part of Wyoming, you’ll set your sights on the Bighorn Mountain Range. From Cloud Peak to Black Tooth Peak, and every valley in between, the Bighorns are what you might call “spectacular,” “breathtaking”, and “positively picturesque.” They are more than just beauty, though. The Bighorns are considered sacred by several Native American tribes, and are a beacon of boundless outdoor recreation, from fishing to hiking to one of the most elite ultramarathons in the country. The Teton Therapy team is fortunate to treat a community nestled in these majestic, healing mountains. If you’re not quite able to enjoy the mountains this time of year because of aches and pains or injury, we can help get you back on your skis, snowshoes, and snowmobiles so that you can soak in the excitement of the Wyoming winter.

### 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!

## “Ode to Teton Therapy, Riverton”

BY AN ANONYMOUS PATIENT

Jody and Nancy go out of their way to schedule my times each therapy day.

Rachael & Tinsley technicians so fine, make my day brighter than drinking fine wine

New to the game, Sam so fresh, so bright; Keely’s experienced but never uptight.

Don erases your pain while getting so thin. Working with OT is always a win.

Jeanna is old school, she does a whale of a job. Mark looks so stylish while “poking around” your throbs.

A manager fine John S. calls the shots. Sarah’s all smiles, soon expecting a tot.

John R. comforts folks. He is quiet and kind. All work together with Jeff’s vision in mind.

Compassionate and exceptional care make me so glad I get therapy there!

Thank you Teton Therapy!



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