



TETON
THERAPY

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307-514-9999

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Lander, WY 82520
307-332-2230

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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 McMenamy
OTR-L, CEO, Owner



TETON THERAPY

Pain Isn't Fun—But We Are!



JANUARY: IN THIS ISSUE

- Have Medicare or Medicaid?
The New Year means Good News
- So...what is Occupational Therapy?
- Walk with a Doc

STAFF PROFILE

At Teton Therapy, Kaya is known for many things. She is known for her kind and nurturing heart, her knowledge of comic book heroes, and her skillful tackling of insurance and accounts questions. Kaya joined Teton Therapy in 2016 when she brought her bubbly personality to the front office in Riverton. Since then, she's joined the billing and patient accounts team, while occasionally still lending herself to the front desk and public relations. When she's not slaying insurance dragons, you'll find Kaya crushing the gym or enjoying the Wyoming mountains with her feisty, fun-loving son, Ethan.

Have you met Kaya? Stop in or call and ask her what “tabata training” is!

Kaya Reed
Billing &
Patient Accounts



Teton Therapy in the Community

Walk With a Doc

Take steps toward a healthy lifestyle by attending Laramie's Walk with a Doc at the University of Wyoming Fieldhouse! Walk with a Doc is a national organization that is focused on encouraging healthy, physical activity while making a safe environment to experience health education. While walking at your own pace, you'll have the opportunity to ask questions to local doctors and providers. Walking is easier on your joints, prevents diseases, and can be done for long periods of time. There's no better way to start your week than making strides toward a healthy lifestyle! Join the Laramie community every other Sunday from 1:30 - 2:30 p.m starting December 2nd through April 21st. Improve your health one step at a time!



Like us on Facebook

Visit us at tetontherapypc.com



TIP OF THE MONTH HOW CAN YOU “BENEFIT” FROM A NEW YEAR?

Here’s the deal: it’s a new year, and many of us have restarted our insurance benefits. It’s very likely that your PT and OT benefits have refreshed and you have access to all of your allotted PT and OT visits. This is especially true if you have Medicare or Medicaid. That means, if you’re having pain or suffering from illness or injury, **you don’t have to wait or worry.** If you’re having back pain, knee pain, balance issues, dizziness or anything else, take advantage of your renewed therapy benefits.



Do you want 2019 to be healthy, happy, and pain-free? Call our super(hero) billing team and let them help you learn more about your insurance benefits and the benefits of a brand new year.



Future PTAs!

LOOK FOR US

Back to School!

Look for two of our therapy technicians, Rachael (Riverton) and Kacey (Cheyenne) as they start their journey as Physical Therapy Assistant students at Laramie County Community College in Cheyenne. We couldn’t be prouder of them; we know they’re going to be outstanding PTAs. Best of luck, Rachael and Kacey!

Like us on Facebook

For more helpful health tips visit us at tetontherapypc.com



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!

DOCTORS’ NOTE

What Is Occupational Therapy & How Can It Help?

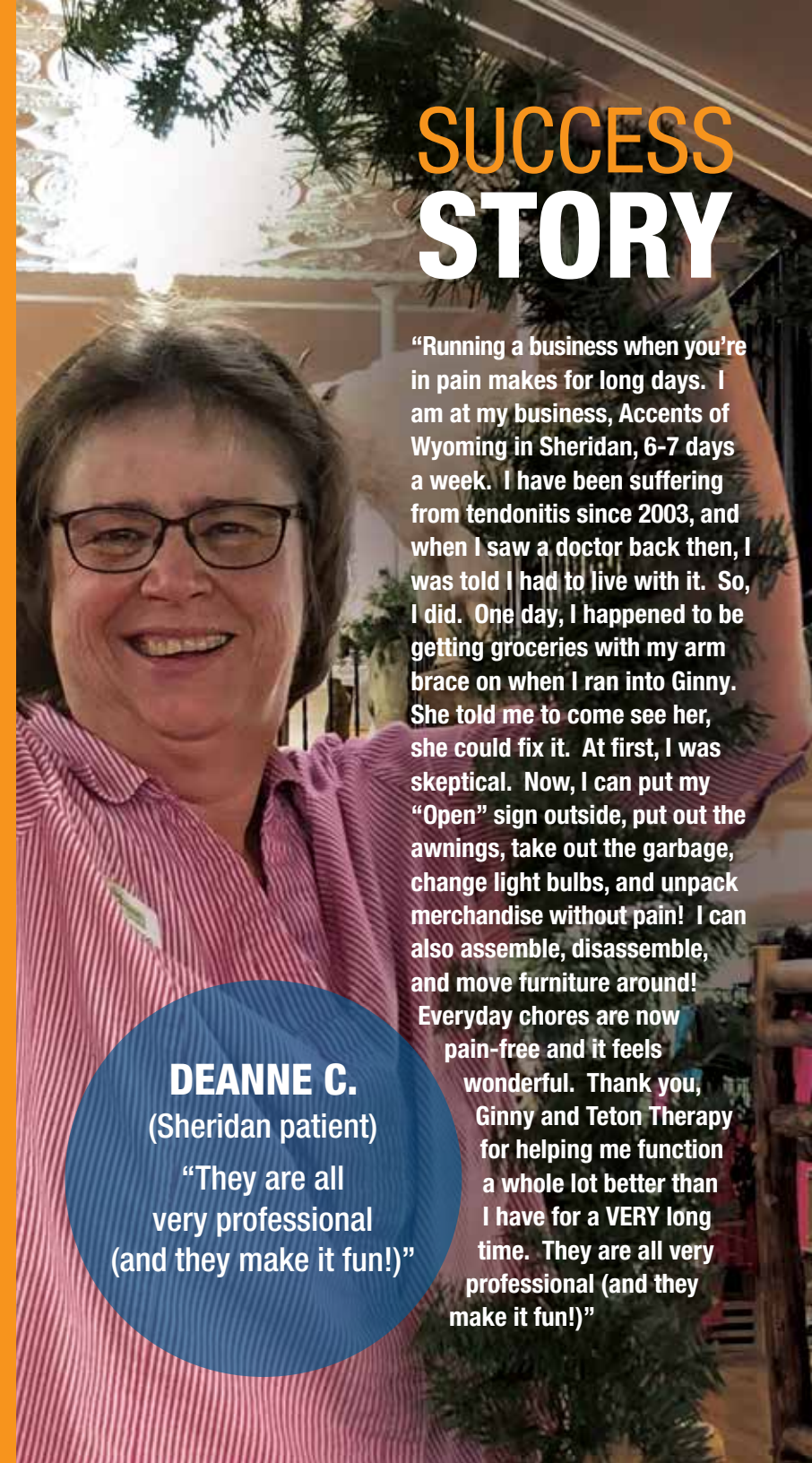
The question shouldn’t be, “What can an occupational therapist do” but rather, “What can’t an occupational therapist do?”

Do you know someone who has stopped doing something they love, like cooking or gardening? Do you know somebody who is isolating, themselves socially but you can’t quite figure out why? What about someone struggling to go to the restroom on their own? A shoulder or hand injury?

An occupational therapist can create a program or routine that can solve these problems. For example, maybe the reason someone is struggling in the restroom is because they can’t balance or adjust their clothes easily. Maybe someone isn’t eating or getting good nutrition because they can’t cook like they used to or go to the grocery store because of injury, pain, or even vision problems. All of this (and more) can be addressed and solved with the help and expertise of an occupational therapist. Imagine how life-changing it could be for you, for a patient, for a loved one if they could get back to doing the things that bring them joy and keep them healthy and independent.



SUCCESS STORY



“Running a business when you’re in pain makes for long days. I am at my business, Accents of Wyoming in Sheridan, 6-7 days a week. I have been suffering from tendonitis since 2003, and when I saw a doctor back then, I was told I had to live with it. So, I did. One day, I happened to be getting groceries with my arm brace on when I ran into Ginny. She told me to come see her, she could fix it. At first, I was skeptical. Now, I can put my “Open” sign outside, put out the awnings, take out the garbage, change light bulbs, and unpack merchandise without pain! I can also assemble, disassemble, and move furniture around! Everyday chores are now pain-free and it feels wonderful. Thank you, Ginny and Teton Therapy for helping me function a whole lot better than I have for a VERY long time. They are all very professional (and they make it fun!)”

DEANNE C.
(Sheridan patient)
“They are all very professional (and they make it fun!)”