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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



## FEBRUARY: IN THIS ISSUE

- Community action: fighting breast cancer
- Dizzy? See a PT for that.
- Sheridan Staff Profile

# TETON THERAPY

*Pain Isn't Fun—But We Are!*



## STAFF PROFILE

Sanja joined the Teton Therapy team in 2017, and what a joy it's been! With her firm but patient attitude, her eagerness to learn and try new things, and her on-point fashion sense, Sanja is an asset to the organization. Born in former Yugoslavia, she worked as a military linguist in Serbia for 6 years. Then, Love happened; she met her husband in 2009 and relocated to the United States, eventually landing in Sheridan, Wyoming. When she's not mixing work and play at the Sheridan clinic, you'll catch her outside enjoying the vast and beautiful Wyoming outdoors.

**Sanja Weart**  
Front Desk  
Sheridan clinic

For bonus point on your next trivia or Jeopardy game, stop in our Sheridan clinic and get movie knowledge from Sanja, our resident movie buff.



## Teton Therapy in the Community

### The Welch Cancer Center's Breast Boutique

The Teton Therapy team is passionately committed to the fight against breast cancer, and to supporting breast cancer survivors on their difficult journey. That's why we are so excited to witness the opening of the Welch Cancer Center's Breast Boutique in Sheridan. The Breast Boutique provides post-surgical products to breast cancer survivors, such as mastectomy bras, equalizer forms, and non-surgical breast prosthetics. And the incredible part—the services are completely free. Breast cancer doesn't just affect survivors physically. It also takes a mental and emotional toll. The Breast Boutique exists to help women feel confident, comfortable and cared for during this difficult time.

It began with a grant from the Wyoming Breast Initiative and thanks to generous community donations, they are able to provide these free services. To learn more about these services or to donate, contact the Welch Cancer Center (Sheridan Memorial Hospital) or reach out to our Sheridan team.

We are proud to live in a community that values and supports this service.

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### TIP OF THE MONTH BALANCE PROBLEMS GOT YOU (FALLING) DOWN?

Not to worry, we're here to help! There could be a couple things going on if you're having balance issues. Nerve damage in your legs can lead to difficulties walking. How is your vision? If you can't see well, that could lead to balance and falling issues. Do your muscles or joints feel unstable or weak? That can cause gait problems and unsteadiness. Are you dizzy? You could be having inner ear issues, or a reaction to medication.



### LOOK FOR US Have you met our Lander team yet?

Stop in and say hello to the Lander team! Between their dedication to their patients, their ability to help heal a wide variety of injury and illness, and their love of Thai food and donuts, it is worth the visit.

Consider what could be going on, and seek out the help of a physical or occupational therapist (we know a few...). There are treatments and solutions to all of those scenarios that could be causing balance issues, so you don't have to live in fear of falling. Get help before it becomes an even bigger issue and causes serious injury!

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



**JASON E.**  
(Cheyenne patient)  
"I'm now able to perform tasks I thought I'd never do again."

## SUCCESS STORY

"Just a few months ago, I was in a very dark place. At only 32 years old, my wife had to help me get out of my truck and hold my arm as I tried to walk. Picking up my kids when they needed comfort caused excruciating pain. Standing up from my desk to walk to another office required advance planning, and running was out of the question. My body was failing me. I needed help. I was finally referred to Teton Therapy and for the first time in several years, I was taking care of my physical health. After an initial assessment, the staff guided me through several exercises. The movements got a little bit easier every session, and after a couple weeks I was building sand castles with my 4-year-old, and playing 'airplane' with my 2-year-old. Fast forward a few more sessions, and I was walking on a treadmill. I felt alive. I'm now able to perform tasks I thought I'd never do again. I'm running regularly a couple times per week, and have started a weight lifting program. Mowing the lawn is now achievable, and I can help my wife take care of the kids in ways I haven't been able to for their entire lives. Teton Therapy helped me get my feet back under me. It's only been a couple months since I started my treatment, but I'm getting my life back. I couldn't be more thankful!"

## DOCTORS' NOTE

### Feeling Dizzy? There's a PT Program for That.

Do you find yourself asking the question, "Why am I so dizzy?" If so, you are not alone. Each year, more than 10 million patients visit a physician due to dizziness. Many people have troubles with balance and dizziness, but few people know the cause of that. Vertigo is the perception of movement or whirling, either from yourself or objects around you. Although you may not think so, nearly 40 percent of people over the age of 40 have suffered from vertigo.

There's good news, though. Physical and occupational therapists can help relieve dizziness through something called "vestibular therapy". After evaluating a patient, a therapist develops an exercise plan that is geared towards an individual's goals and the specific causes of their vertigo and imbalance.

Vestibular disorders are not only uncomfortable, but they can lead to anxiety, depression, and a sedentary lifestyle that can affect the rest of the body. If you're experiencing vertigo, you don't have to live with it. Reach out to a physical therapist for help.



### 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!