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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



MARCH: IN THIS ISSUE

- Lander Patient Success
- Dementia Friendly Wyoming
- Soreness vs. Pain?

TETON THERAPY

Pain Isn't Fun—But We Are!



JANET M.
[Lander patient]

SUCCESS STORY

“I’ve made so much progress since physical therapy at Teton.”

“I came to see Ryan for Bell’s Palsy, which caused the left side of my face to become weak and paralyzed. I’ve made so much progress since physical therapy at Teton. My left eye doesn’t hurt anymore. I used to wake up with it stuck shut, and that doesn’t happen now. I am finally able to drink from a glass and suck from a straw on the left side of my face. I’ve had several compliments from friends who say I’m looking so much better!”

SCHEDULE A FREE CONSULTATION TODAY

RIVERTON 307-857-7074
LANDER 307-332-2230

CHEYENNE 307-514-9999
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!

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LOOK FOR US

Let's Get "Extra" at the Ambassadors Extravaganza

Every other year, the Lander Ambassadors roll up the sleeves of their navy-blue blazers and put on a party that gets the whole town going. It's not just a good time, but also a good cause; the money raised will go to Water for Wildlife and the Lander Visitors Center. Catch us showing off our dance moves at the Lander Community Center on March 2.

The blue daisy indicates a "dementia friendly" business



IN THE COMMUNITY

Mission: To Make Wyoming "Dementia Friendly"

A few weeks ago, our Sheridan team had a training session with Dementia Friendly Wyoming. Their mission is to educate businesses, first responders, and the community about dementia and how to communicate with someone who has it. This creates a safe, inclusive community where people who have dementia (and their caregivers!) can continue to live engaging and social lives. The folks in Sheridan have done a superb job organizing Dementia Friendly Wyoming. This says a lot about Wyoming's culture of caring for our people. Wouldn't it be exciting to see Dementia Friendly Communities pop up across the entire state?

STAFF PROFILE

Kenny Smith

PT, DPT Cheyenne Clinic



Having grown up in Powell, Kenny is no stranger to the Cowboy State. He's returned to his Wyoming roots to join the Teton Therapy Team! Before attending PT school at Eastern Washington University in Spokane, he received his undergraduate degree in kinesiology from the University of Wyoming – Go Pokes! His professional interests include injury prevention, bike fitting, and manual therapy. Outside of treating patients, Kenny loves skiing, riding his many different bikes, eating flavorful cooking, and hanging out with his wife, Abby, and beloved baby boy, Nolan.

TIP OF THE MONTH

Soreness vs. Pain: Know the Difference

Have you ever come back from the gym, muscles aching, and wondered, "Is this soreness normal? Or is this pain something serious?" When differentiating between soreness and pain, time is important. Soreness should last anywhere from 1-3 days, and the discomfort gradually goes away. Pain comes on quickly, or shortly after physical activity, making it difficult to do normal, daily activities. After physical therapy, it's common to have muscle soreness. When the discomfort and sharp pains continue whether you're active, doing therapy, or resting, you may have damaged muscles, tissues, or joints. At Teton Therapy, our PTs find the source of your pain and work with you to manage the pain and learn ways to prevent future injury.

DOCTORS'S NOTE

Posture & Neck Pain.

At Teton Therapy, we see firsthand how neck pain affects individuals from doing what they love and need to do in life. This problematic pain can cause other functions in the body to become weak, such as your grip, fine motor skills, shoulder pain, etc. Headaches and migraines are also very common when patients complain of aches or tenderness in the neck. Often the primary source of neck pain is tightened muscles, poor posture, daily stress, sitting at computers for long stretches at a time, and good, old-fashioned lack of activity. Our therapists use a variety of techniques such as dry needling, manual therapy, and exercise to help improve posture and decrease neck pain. Reach out to our PTs or OTs for more information and advice.



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