



820 W. Main Street
Riverton, WY 82501
307-857-7074

1507 Stillwater Ave, Ste A
Cheyenne, WY 82009
307-514-9999

425 Lincoln Street
Lander, WY 82520
307-332-2230

727 E. Brundage Lane, Ste L
Sheridan, WY 82801
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

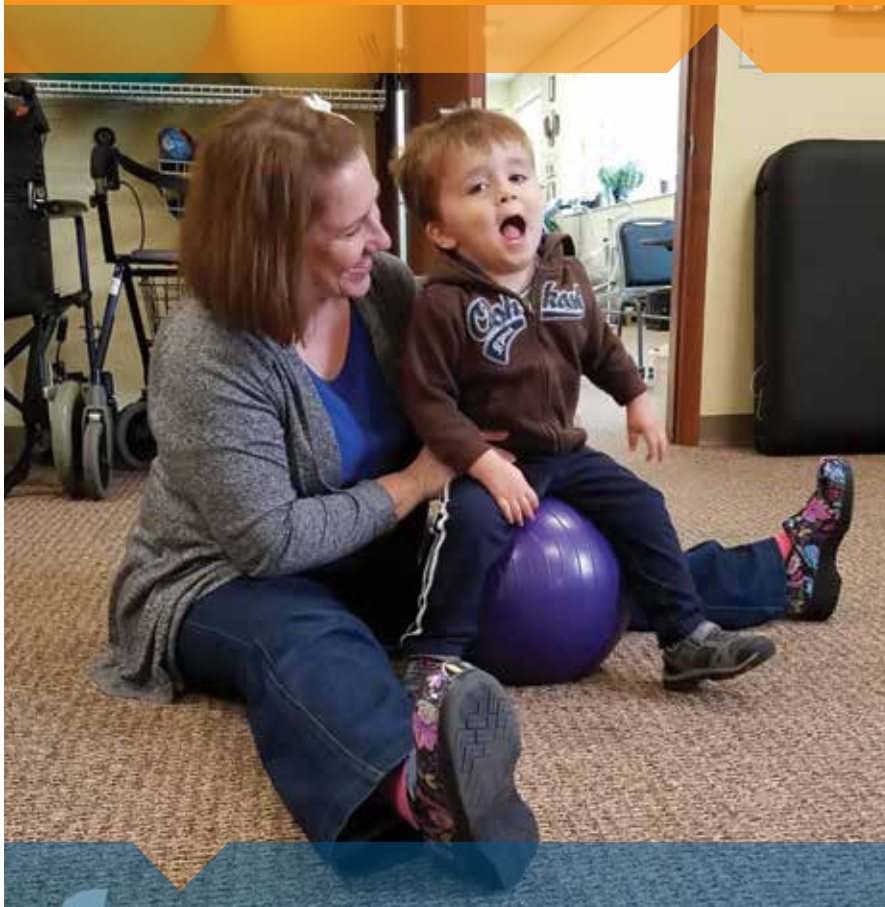


APRIL: IN THIS ISSUE

- We ♥ OT
- Advice for OT Students
- Have You Met Beth?

TETON THERAPY

Pain Isn't Fun—But We Are!



SUCCESS STORY

“I want to thank the therapists at Teton for helping me heal after my stroke”

VICTOR L.
[Riverton patient]

“After all the prayers of friends and family, I want to thank the therapists at Teton for helping me heal after my stroke. When I first came to therapy, I could only make half a fist. I walked very weakly and I couldn't lift my arm. Thanks to my therapy program, I am much stronger when I walk, I can lift my arm for a handshake, and I can get my arm above my head. I can also make a 90% fist, feed myself 2-3 bites at each dining, and I can hold the fork while cutting steak with the left hand. I want to thank everyone at Teton Therapy for helping me!”

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!

Like us on Facebook

Visit us at tetontherapypc.com



IN THE COMMUNITY

Occupational Therapy: Not Just A Job, A Calling.

“As an OT, I treat the whole person. We take into account mental and social factors, as well as physical limitations. OT focuses on your “daily occupations”, which can be anything from rock climbing to dressing yourself independently. The possibilities are endless.”

—Keely Tatro,
OTR/L, Riverton Clinic

“I love being an OT because I can get to know people and what’s important to them. OT can help people do the things that make their hearts happy. It can help in almost any area where help is needed. Pain? We can help. Weakness? We can help! Overwhelmed? Struggling to care for yourself and others? OT can help!!”

—Ginny Rieger,
OTR/L, Sheridan

“When I came back from my deployment in Iraq as an Army Combat Medic, I asked to be re-enlisted to go to OT school. Years ago, my autistic son went to OT, and it helped him so much. I love helping people get stronger and more confident and better able to do the things that are important to them. I leave work every day knowing I made a difference in someone’s life.”

—Don Scott,
COTA/L, Riverton



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For more helpful health tips visit us at tetontherapypc.com

STAFF PROFILE



Beth Van Vliet

Therapy Technician, Sheridan Clinic

Born in Rapid City, South Dakota, Beth eventually moved to Sheridan, where she graduated high school. When she was looking for a job, she knew two things: she wanted to provide care for people, and she wanted to do something that would help make her community stronger. We are so fortunate that she brought her passion for people to Teton Therapy!

Did you know? She isn’t just a rock star therapy technician. Beth is also a literal rock star—she plays the piano! When she’s not playing the piano, you’ll find her playing the “cool aunt” to her two nieces and nephew, whom she adores.

TIP OF THE MONTH

Ginny Rieger, OTR/L, on Loving Her Occupational Therapy Students & Her Go-To Advice

“The thing that I love about having OT students in the clinic is: it’s been a long time since I’ve been in school. I do continuing education every year, but these students always bring their excitement about their chosen profession. It helps rejuvenate my excitement as a clinician, and reminds me of all the wonderful things there are about being an OT.”

“The thing I tell my OT students on their very first day with me: I don’t expect you to know everything. There are only three things I expect from you while you’re here: Pay Attention, Care About Our Patients, and Have An Open Mind.”

DOCTORS'S NOTE

Need A Little Needling? We Know A Guy.

By now, it’s likely you’ve heard about “dry needling.” Clinicians push thin, solid needles through the skin to get to trigger points (trigger points = knotted areas in muscles). The needles stimulate the tissue and can provide relief for pain or tightness. Dry needling is typically one part of an overall physical or occupational therapy plan (alongside exercise, manual therapy, and education). It can help increase range of motion, as well as help with tendinitis, migraines or headaches, whiplash, and more.

As of April 2019, all of our therapists (PTs and OTs) at each of our 4 locations have completed their dry needling certifications so that we can provide better, more effective treatments to our patients. **Want to learn more about the benefits and uses of dry needling? Call any of our four locations.**

