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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



### MAY: IN THIS ISSUE

- PT and Headache Relief
- Staff Spotlight: Jeanna
- Thank You, Service Members

# TETON THERAPY

*Pain Isn't Fun—But We Are!*



**STACIE H.**  
[ Cheyenne patient ]

## SUCCESS STORY

“I am very happy with the progress I have made at Teton Therapy”

“I am very happy with the progress I have made at Teton Therapy. Before I started, I had a lot of pain in my neck & shoulders and was experiencing headaches upon waking up. This was occurring several times per week. After physical therapy, the headaches are very infrequent, even after doing physical activity all weekend. I have a lot more flexibility in my neck & shoulders. Now, I can often relieve the pain or stiffness by performing the exercises I learned at Teton. Thank you for all of your help!”

### 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!

Like us on Facebook

Visit us at [tetontherapypc.com](http://tetontherapypc.com)



### Thank You to Our Servicemen and Women!

We are “Wyoming Proud” and thankful for all branches of our U.S Armed Forces! Celebrate Armed Forces Day on Saturday, May 18th, a holiday to unite & honor our military heroes for their patriotic service to the United States.

**Fun fact:** Cheyenne is home to Air Force’s oldest, continuously active military installation.

Francis Emroy (F.E.)  
Warren Air Force Base.



### IN THE COMMUNITY

#### Who Has Made A Difference in Your Life?

We want to take a moment to recognize the healers that make our communities happier and healthier, the people who improve our quality of life, or who maybe have even saved your life. Our Sheridan team is looking for nominations from you for a healthcare provider who has made a big difference in your life. They could be a doctor, nurse, chiropractor, massage therapist, counselor, acupuncturist, etc. There are so many dedicated caregivers across our great state, and we want to hear your story.

**Have a story of strength, teamwork, and healing? Reach out to us!**



## STAFF PROFILE

### Jeanna Fegler

PTA, Riverton Clinic

Some things you’ll notice about Jeanna if you ever have the opportunity to work with her: she is attentive to every one of her patients, she brings her “A game” every day, and she cares deeply about her patients and coworkers.

Before Jeanna came to Wyoming, she grew up and went to college in our neighboring Colorado. She became a physical therapy assistant in 1997, and has experience in many settings, from working with the elderly to working with children, inpatient and outpatient.

When she’s not caring for patients, you might find Jeanna running (and probably winning) a 5k race or hanging out with her family and friends.

### TIP OF THE MONTH Should You Ice or Heat an Injury?

Ice packs and heating pads are commonly used when treating an injury, but many people are confused about when to use them. Kenny Smith, a physical therapist at our Cheyenne clinic, has got you covered: “Unless you are frostbitten, hypothermic or have a specific medical condition, ice is always beneficial. Generally, it’s used for acute injuries (an injury that happens within 48 hours). Applying heat is good for when you have had achiness or soreness for a long time and are looking for relief.” If you have any questions about when to apply ice or heat after an injury, call one of our clinics today!

## DOCTORS'S NOTE

### Headaches? Head to Teton Therapy!

Headaches are frustrating to manage and one of the most common physical complaints. Most are caused by stiff muscles, tight joints, and poor posture. Headaches and migraines are often triggered by an underlying neck problem. Many patients who come to Teton with neck symptoms will also report frequent headaches, unaware that the two may be connected. There are beneficial treatments for almost every type of headache. The challenge is determining the type, its cause, and developing a specialized treatment plan that will reduce both its frequency and intensity. Alleviating headaches with physical therapy is extremely effective and sometimes provides patient with relief almost immediately. Dry needling is beneficial for headaches by reducing muscle tension, improving pain control, and releasing trigger points to relieve pain. It’s available at many of our Teton Therapy’s locations!

*Kenny Smith, our go-to guy for physical therapy advice at Teton Therapy!*



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