



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



JUNE: IN THIS ISSUE

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TETON THERAPY

Pain Isn't Fun—But We Are!



JULIE M., MD
CHEYENNE PHYSICIAN
[Cheyenne Clinic]

“After surgery on my right wrist, I came to Teton Therapy to work on my range of motion. Now, I have significantly less stiffness, pain, and improved range of motion. I appreciate the exercises both in-house and recommended to use at home. This is my first experience with physical therapy, and it exceeded my hopes and expectations! Kenny Smith combines expertise with excellent “bedside” manner.”

SUCCESS STORY

“Kenny Smith combines expertise with excellent “bedside” manner.”

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



LOOK FOR US

Brain Injury Support Group in Riverton

Teton Therapy has partnered with the Soldier's House of Fremont County to host a brain injury support group. Join our occupational therapist, Keely Tatro, as she guides group discussions on the trials and triumphs of living with a brain injury. This group is open to anyone living with a brain injury.

Join us June 3rd, July 1st, and August 5th from 5:00pm-6:00pm at the Soldier's House, 1201 E. Jackson, Riverton, WY.



IN THE COMMUNITY

Relay for Life of Sheridan & Johnson County

As physical and occupational therapists, we are fully committed to the battle against cancer. We have often reckoned with this terrible disease in both our personal and professional lives, and we understand how exhausting, overwhelming, and scary it can be. We want to help eliminate "The Big C" for good, so we are raising money for the Relay for Life of Sheridan & Johnson County. At Relay for Life events, no one faces cancer alone. Join survivors and caregivers on June 22nd from 6pm to midnight at the Whitney Commons (326 Alger St) in Sheridan. To donate to this important cause, contact our Sheridan team at (307) 683-0123.

To anyone touched by cancer – we honor your lives, legacies, and journeys.

 Like us on Facebook

For more helpful health tips visit us at tetontherapypc.com

STAFF PROFILE



Jody Boyd

Front Desk Representative, Riverton clinic

For those of you who haven't had the pleasure of meeting Jody, she is one of our rockstar front desk representatives in Riverton. Every day she brightens the clinic with her creativity, exciting ideas, and sense of humor.

While she grew up in Rock Springs, Jody decided to plant roots down in Riverton (lucky us!). When she's not busy at work, she is kept extremely busy raising her 5 sons. You might ask yourself, "5 boys?! How the heck does she does it?!" We're in awe, too! You can also find her cheering on the Riverton Wolverines at many sports games throughout the year.

FUN FACT: Jody trained as a sports massage therapist at the Utah College of Massage Therapy

TIP OF THE MONTH Do Your Home Exercises!

We understand, life is busy! With jobs, kids and other hobbies, it can be difficult to make time in the day for your home exercise program. By doing your exercises, you will get faster and better results in your therapy, thus saving you time and money. These few, easy tips from Physical Therapist and Owner of the Cheyenne clinic, Ben Larsen, can help you stay dedicated to your home exercises! "I always suggest to my patients to keep a schedule or set an alarm when they know they are generally free. Which is usually right in the morning and nighttime. Most home exercises don't exceed 15 minutes, making it easy to get done at the office or while watching your favorite TV show."

DOCTORS'S NOTE

Physical Therapy vs. Opioids

Pain management can be a tricky and emotional issue for our patients and our healthcare community. We want to stop the suffering as quickly as possible, and sometimes that leads to prescribing opioids. However, as we all know, opioid use can be risky and have negative side effects such as addiction, depression, and overdose.

As physical therapists, our careers center on effectively relieving pain. For example, the CDC cites "high quality evidence" showing that exercise as part of a physical therapy treatment plan is very effective for people suffering from low back pain, hip or knee osteoarthritis, or fibromyalgia.

Rather than masking pain, as opioids do, physical therapy gets to the root of the issue and works on the solution from there. The side effects of physical therapy include improved quality of life, increased mobility, pain reduction, and the knowledge to prevent pain and injury in the future.

It won't be as easy as taking a pill, but the results of physical therapy can be much better and longer-lasting.



Contact any of our clinics today to discuss how we can help you and your patients manage their pain in safe, effective ways.

