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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



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TETON THERAPY

Pain Isn't Fun—But We Are!



SUCCESS STORY

WALTER E.
[Sheridan patient]

“Suddenly, small things like buttoning my shirt and signing my checks was much easier!”

"Two years ago, I developed weakness, numbness and tingling in my right hand after an IV was placed during a surgery. I have struggled with basic things since then, and over time my symptoms have worsened. After seeing OT at Teton Therapy, within a week, the numbness and tingling in my hand was greatly reduced. Suddenly, small things like buttoning my shirt and signing my checks was much easier! After two years, I am on the mend!"

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



IN THE COMMUNITY

Cheyenne Frontier Days

Join cowboys, bucking broncos, and world-class bulls as they take over at The Daddy of 'em All! This 10-day festival is packed with parades, electrifying rodeos, and night shows by some of today's most popular country music stars. Cheyenne Frontier Days has been energizing our community since 1897 and is the largest outdoor rodeo in the world. Another feature at CFD is the

Pancake Breakfast. The Cheyenne Kiwanis Club & CFD Indians Committee have been doing the pancake breakfast, a popular feature, for 51 years! This fun, free breakfast lasts three days at 7 a.m. and is located downtown at the Depot Plaza. The leftovers from the breakfast are donated to the local COMEA House homeless shelter.

What does this mean for Cheyenne?

According to an economic impact study test done in 2018, CFD brought in a total of 543,705 people and 2467,655 tickets sold. Contributing \$27.1 million to Wyoming's economy, coming from direct visitor spending surrounding the event!



LOOK FOR US

3rd Thursday Street Festival

It's the most wonderful time of year... summer time! Party down with the Teton crew on the 3rd Thursday of the month (6/20, 7/18, 8/15) in Sheridan. Get kinesiotaped, sign up for a free "tune up", and play some games. Mention this newsletter and receive a free hug.

 Like us on Facebook

For more helpful health tips visit us at tetontherapypc.com

STAFF PROFILE



Jessi Richardson

Billing & Patient Accounts

If we had to choose 3 words to describe Jessi, they would be: outgoing, kind-hearted, and hardworking. In her professional life, she is part of Teton Therapy's legendary billing and patient accounts team. She helps patients and employees navigate the often overwhelming world of health insurance. When it comes to billing and insurance, we're fortunate to have Jessi's kind and patient attitude.

Outside of work, Jessi is quite the adventurer. She's visited almost every state, and we've heard she has plans to someday go to Spain to run with the bulls.

When you get a chance to meet Jessi, you get bonus points if you ask her about the best concert she's ever seen, and the weirdest place she's ever visited.

TIP OF THE MONTH CAREERS AT TETON THERAPY

Picture this. You're sitting at your job, daydreaming about the ideal company and career. You think to yourself, "I wish I worked for a business that feels like family, one that values my thoughts and ideas, and has lots of room for me to grow professionally."

Teton Therapy is that kind of company. We are a small-but-mighty business that serves small-but-mighty communities throughout Wyoming. We value professional growth, hard work, providing the best care to our patients, and... *having fun!*

If this sounds like the kind of place you'd like to work, don't hesitate to reach out to us. Whether you're entry-level, mid-level, a freshly graduated therapist, or a therapist with lots of experience to share, we'd love to chat with you. Talk to our careers team and learn more.



DOCTORS'S NOTE

Treating Lymphedema

Teton Therapy provides a complete decongestive therapy program for anyone with lymphedema. Our therapists educate patients on skin care, exercise to decrease pain & swelling, manual lymph drainage, and compression. Good skin care is very important in the treatment of lymphedema. It is our goal to educate our patients so that they may fully handle and manage their condition as independently as possible. Specific exercises are key in maintaining and improving strength. It also assists with moving fluid out of the swollen body part. There are special manual techniques used to move fluid out of an affected limb or body part, which helps to alleviate pain and restore more normal function. Teton Therapy's therapists have a variety of compression tools that are used to move & keep fluid out of a limb or body part. Treatment is available at all our locations. Call today to find out more!



“While working with Teton Therapy and the lymphedema program, my swelling has decreased & the pain from the pressure is less. I can also wear my rings and I don't think it will be much longer before it's normal again.” -Y.H.