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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



### NOVEMBER: IN THIS ISSUE

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# TETON THERAPY

*Pain Isn't Fun—But We Are!*



**Lindsey O.**  
[ Cheyenne patient ]

## SUCCESS STORY

“For the past year, I have been treated by Ben & Ashton with life-changing results!”

"I have had undiagnosed wrist pain for 20+ years and thought I would never get relief. My first appointment at Teton was with Ben and he diagnosed my condition, telling me it was treatable. I didn't believe him because I have been to many physical therapists over the year with no long-term relief. For the past year, I have been treated by Ben & Ashton with life-changing results!

Teaching yoga is a huge part of my life and I didn't think I would be able to teach more than once a week due to pain. Ashton accelerated my healing and helped me to be able to teach 5-6 days per week! She is an extremely skilled therapist that went out of her way to come up with innovative treatment plans. It has been a true pleasure receiving patient-centered care here at Teton. I look forward to continuing to ramp up my yoga schedule to teach more in the future. Thank you!"

### 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

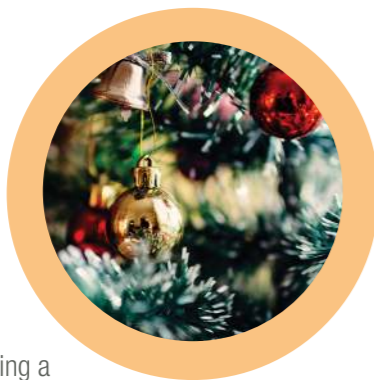
Visit us at [tetontherapypc.com](http://tetontherapypc.com)



## IN THE COMMUNITY THANK YOU, VETERANS

In this season of gratitude, we stop to say thank you and recognize veterans, military families, and all those who gave their lives to our great country. Teton Therapy is committed to ensuring that our service members and their families receive the best care and support possible. We are very thankful for all branches of

the U.S Armed Forces and want to honor those for their service to the United States. In recognizing the dedication and hard work that is put into making our country safe, we want to return the favor by improving the health in our communities. At all four of our locations, we treat patients referred from VA hospitals and many patients who have TriCare (a health program specific to uniformed service members and their families). Our mission is to improve the quality of life of our community and our service members so they can get back to doing the things they love to do. It is an honor and we are extremely grateful to give back to those who have served our country!



## LOOK FOR US Festival of Trees

The 15th Annual Festival of Trees benefits Community Entry Service of Riverton, and this year Teton is decorating a tree for this great cause. Come see Teton Therapy's "Land of Oz" tree on December 5th & 6th. Who knows...maybe your bid will win Teton's tree!

 Like us on Facebook

For more helpful health tips visit us at [tetontherapypc.com](http://tetontherapypc.com)

## STAFF PROFILE



### Maycee Manzanares Therapy Technician, Lander Clinic

A few words to describe Maycee: compassionate, hard-working, and smart as a whip. Maycee recently joined the Teton Therapy Lander team as a therapy technician, where she has helped to provide the best experience possible for our employees and patients. She's is a local gal, born and raised in Riverton. While she has strong roots in Riverton, Maycee enjoys adventures to new places as well as weight-lifting and baking. If you haven't met Maycee yet, stop in the Lander clinic and ask her about her plans for her very bright future.

## TIP OF THE MONTH No Deductible Season

Deductibles and out-of-pocket maximums and co-pays, oh my! We know that health insurance and healthcare costs can be confusing and also very expensive. Fortunately, towards the end of the year, many deductibles have been met through various visits to doctors and medical procedures. What does this mean for you? It means your physical therapy costs could be greatly reduced, if not totally covered. We like to call this time of year "No Deductible Season"!

Curious if you've met your yearly deductible or your out-of-pocket maximum? If so, call us! You might be able to get that ache or pain you've been dealing with treated for very little cost. Call our extraordinary billing team at (307) 463-0462 to find out more.



## DOCTORS' NOTE Workers Compensation

A work injury can negatively affect someone's whole life. It can be traumatic, painful, time-consuming, and financially difficult on a person and their family. At Teton Therapy, our physical and occupational therapists use their training and expertise to help people affected by workplace injuries. We love treating patients who come to us with workers comp because it means we get to help people get back to work, and provide relief to them and their loved ones. Physical therapy interventions can help reduce the risk of opioid dependency and downstream healthcare costs. We perform Functional Capacity Evaluations in our Riverton and Cheyenne clinics, which help to evaluate a person's capacity to perform work-related activities.

Our therapists are eager to team up with other providers to give our community the highest quality healthcare and to ensure people are able to remain independent and working.

We accept Wyoming workers comp, as well as many out-of-state claims. Contact any of our four locations in Riverton, Lander, Cheyenne, and Sheridan to learn more about how we can help with workers compensation claims and improve the lives of injured workers.



By signing and submitting Work Injury Claim Form, I certify that this application information provided is true and accurate and contains no willful falsifications or omissions. I understand that falsifications, representations, or omissions may disqualify me from this position. I hereby authorize responsible parties to contact current and previous employers for verification, conduct a background investigation, and review my medical records.

### Work Injury Claim

Full Legal Name		Last Name	
Home Phone:	City	State	
Street		Zip	
E-mail Address:			
Highest school grade completed:			
Do you have a high school diploma?			
Number of years of post-high school education:			
Name and Location of Educational Institution:			