



TETON
THERAPY

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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



TETON THERAPY

Pain Isn't Fun—But We Are!



OCTOBER: IN THIS ISSUE

- Safe Pain Relief
- Sheridan Success Story
- Fight Breast Cancer

SUCCESS STORY

“I can honestly tell you that Teton Therapy is by far the best. They have done an amazing job.”



LARRY M.
[Sheridan patient]

“I have worked in law enforcement for 45 years. My last employment was with the Sheriff’s office in Cook City, Montana, Park County. President George W. Bush awarded me with the Force Protection Officer of the Year in 2004. This was the first time he gave this award. In 2004, my heart problems started. Since then, I’ve had two open heart surgeries, a triple bypass, and heart valve replacement. I have had physical therapy many times over the years. I can honestly tell you that Teton Therapy is by far the best. They have done an amazing job. First of all, my right foot is a lot less swollen. It has dropped two sizes down. I am hoping my left foot will follow with the same progress. I feel stronger, and I’m able to walk a little further each day. Thank you, Ginny and Brian!”

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!

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How is your Teton Knowledge?

Q1: How long should it take to complete all your home exercises?

- A. 15-30 minutes
- B. 30-45 minutes
- C. At least 45 minutes

Q2: When did the Cheyenne clinic open?

- A. 2005
- B. 2010
- C. 2015

Q3: How many counties are in Wyoming?

- A. 22
- B. 23
- C. 24

Teton Knowledge Answers
 Q1: A (15-30 minutes)
 Q2: C (2015)
 Q3: B (23)



IN THE COMMUNITY

October is not only a time when the leaves change, air get's crisper, and the love for sweaters is reborn. It is also a time to bring extra awareness to a cause that affects 1 in 8 women in the United States--breast cancer. In our communities across Wyoming, we unite to bring knowledge and support to those that are affected by breast cancer. In Riverton, you can participate in the Tough Enough to Wear Pink run on October 12th. Every October, the Sheridan community organizes the Pink Link Breast Cancer walk. This year's Pink Link is October 19th. At each of these events, you'll find Teton Therapy employees supporting this worthwhile cause that is so important to us and our patients.

We will see you there this October!

STAFF PROFILE

Mark Doebele

PTA, Riverton clinic

Mark is one of our most experienced physical therapy assistants; he graduated from Denver Technical College with his PTA degree in 1993. He's done and seen it all: outpatient, inpatient, acute care, and wound care. We've been lucky to have Mark on the Teton Therapy team since 2011. He provides high-quality care and dazzles us daily with his encyclopedic knowledge of the sports world. Catch Mark on the course practicing his golf swing—he'll be the guy in the St. Louis Cardinal's hat.



TIP OF THE MONTH Celebrate PT Month with Teton Therapy

October is here, and you know what the means? Physical Therapy Month! Celebrate this special month by thanking the professionals who are dedicated to promoting health and wellness within our communities. This October is a great opportunity to help promote the healthy, safe, and effective benefits of PT. With more patients taking opioids for pain management, there's never been a better time to discuss the importance of safe pain management through physical therapy. Across the world, PTs are improving the health, mobility, and quality of life to countless people. Thank a Physical Therapist today!



DOCTORS' NOTE

PT is Safe Pain Management

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 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.

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