



**TETON**  
THERAPY

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](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

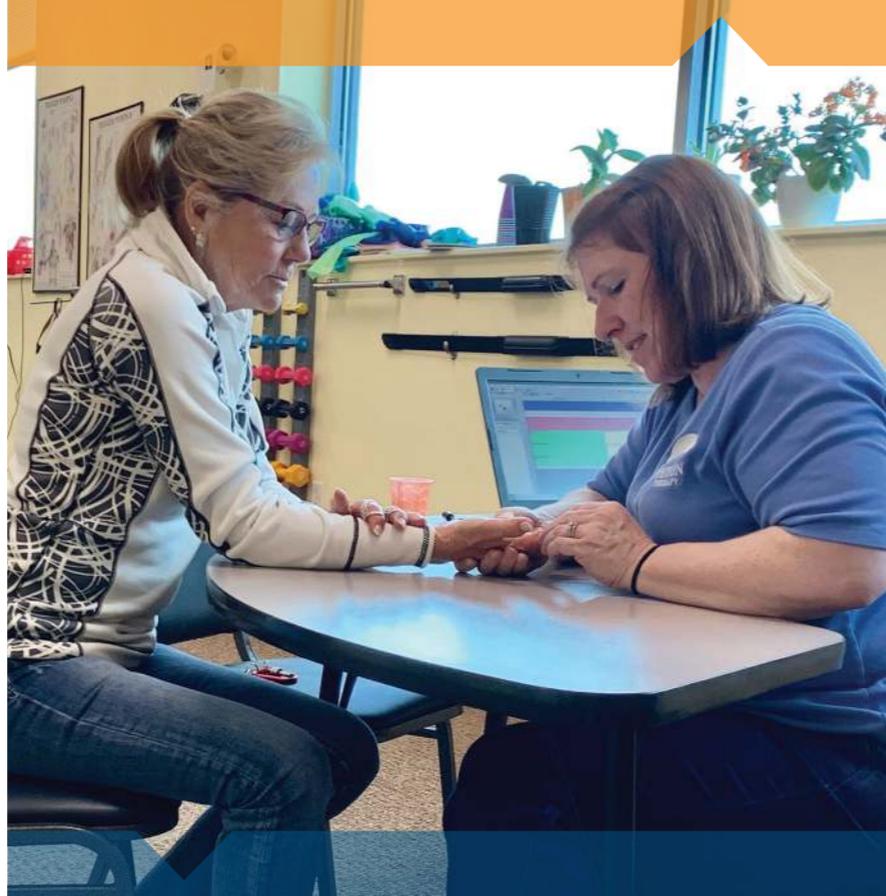


### SEPTEMBER: IN THIS ISSUE

- OT: Now in Cheyenne & Lander
- Having upper body pain? Open for more info!
- Celebrate in Riverton

# TETON THERAPY

*Pain Isn't Fun—But We Are!*



**ARIEL B.**  
[ Lander patient ]

## SUCCESS STORY

“I feel so much better and more informed about my upper body mechanics after seeing Keely.”

“Before seeing Keely for occupational therapy, my hands were in constant pain. They hurt when riding my bike, driving, or trying to relax. I would take ibuprofen almost every day and night. I tried to ignore it. Eventually, I thought, ‘Wait, why am I just living with this?!’ I scheduled an occupational therapy appointment with Keely, and I had almost immediate relief after seeing her. She figured out that weakness in my shoulder was affecting my hands. I feel so much better and more informed about my upper body mechanics after seeing Keely. I now know what to do to relieve and prevent pain in the future. And my hands aren’t constantly aching! I should have done this a long time ago!”

### 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

#### Ginny Rieger is a Wyoming Woman of Influence

Teton Therapy is proud to announce that Ginny Rieger, occupational therapist and co-owner of the Teton Therapy Sheridan clinic, has been nominated for the Wyoming Women of Influence Award! Each year, the Wyoming Women of Influence event recognizes the outstanding accomplishments of women throughout Wyoming.

Ginny is one of the most compassionate, skilled, and dedicated occupational therapists we know. She is also a heck of an entrepreneur, having teamed up with her business partners Jeff and Brian to open their successful outpatient physical and occupational therapy clinic in Sheridan. As if that wasn't enough, she is a certified hot air balloon pilot, founder of Cloud Peak Ballooning, organizer of the Sheridan hot air balloon rally AND a mother and wife...!! It takes our breath away just thinking about the many ways she gives back to her community. Her creativity and sparkling personality shines through in all things she does.

We will celebrate Ginny's outstanding contributions at the Wyoming Women of Influence Awards banquet on September 19th at the Casper Events Center.

OCTOBER

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#### LOOK FOR US Riverton Business After Hours

Join us in celebrating Physical Therapy Month at our open house in Riverton next month! Teton Therapy in Riverton will host a Business After Hours event open to the public Thursday, October 3, 2019, from 5:00 pm – 7:00 pm. We look forward to seeing you there!

Like us on Facebook

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

## STAFF PROFILE

### Jacqui Vooge

Jacqui is not only bringing occupational therapy to our Cheyenne clinic, but a passion for helping others! Jacqui spent most of her adult life in Tacoma, WA where she served 10 years in the Army National Guard. During her service, Jacqui deployed overseas and completed her Bachelor in Health Studies at Eastern Oregon University. She has been working in an outpatient clinic for 2 years where she has developed a passion for splinting. Currently, she is pursuing her hand therapy certification. When Jacqui isn't helping others, she enjoys being outdoors, rooting for her beloved Seattle Seahawks, and spending time with her husband, son, and two dogs!



#### YOU'RE INVITED Upper Extremity Workshop

This October we welcome Occupational Therapy to our Cheyenne clinic, and we want to do something special to celebrate! Teton will be having an upper extremity workshop on Tuesday, October 8th at 5:30 PM.

Our upper extremity workshop will help those managing elbow, wrist, and hand pain. These workshops include unique exercises, special giveaways, and specific techniques used by our Physical Therapists to help relieve your pain!

Our fun, informative workshop is our way of showing how much we appreciate our valued patients & communities of Wyoming for allowing us to serve you!

## DOCTORS' NOTE

### Diagnostic Testing

Patients with nerve or joint problems should consider trying diagnostic testing. These specific tests are used to measure different muscle and nerve functions to see how well they are performing. Diagnostic testing allows our PTs to see the underlying problems that our patients are facing. Teton Therapy became the first therapy clinic in Wyoming to train therapists in conducting Diagnostic Ultrasounds, Nerve Conduction Studies, and Electromyograms. We conduct these tests in order to identify the nature of the problem and how to properly diagnose each patient. Testing allows the therapist to customize an effective treatment plan to obtain better results in less time while saving money, and ensuring optimal client care. Diagnostic testing is offered to our Riverton, Lander, and Cheyenne patients.



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TUESDAY,  
OCTOBER 8TH  
@ 5:30 PM

Cheyenne  
1507 Stillwater  
Avenue, Ste. A