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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



DECEMBER: IN THIS ISSUE

- Join Teton’s Support Group
- Let’s Prevent Winter Falls!
- Learn More About Diagnostic Testing

TETON THERAPY

Pain Isn’t Fun—But We Are!



Dennis H.
[Riverton patient]

SUCCESS STORY

“I would recommend Teton Therapy to everyone.”

“I came in for therapy because of intense lower back pain. John Schutt found the root of my pain was caused from my hip. After several sessions of having my hip popped back into place, I was back doing activities. I've been elk hunting this fall and kept up with a 22-year-old and I am 55, with no low back pain, we walked over 5 miles, 16,000 steps in the mountains. I truly think mostly due to my therapy. I would recommend Teton Therapy to everyone.”

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 SOLDIER'S HOUSE

The Soldier's House of Fremont County is collaborating with Teton Therapy's occupational therapist, Keely Tatro, to host a brain injury support group in Riverton at The Soldier's House. This is open to veterans, civilians, caregivers, loved ones, and anyone affected by a brain injury! The Soldier's House takes place on the first Wednesday of every month from 5:00 - 6:00 pm located at 1201 E. Jackson Ave. Keely Tatro will be providing

guidance and support for the group. Keely has significant experience working with brain injuries from her time working in Houston, TX at TIRR Memorial Hermann Hospital. One of the top research and rehabilitation hospitals in the nation!

The support group will meet to discuss and share struggles, deficits, side effects, and victories of living with a brain injury. Topics will include attention, memory, safety, emotional regulation, problem-solving, overall independence, and engagement in daily activities that one desires.

For more information about The Soldier's House call:
(307) 856-1244 or
Teton Therapy (307) 857-7074.



WORKSHOPS Teton Thanks YOU!

Teton's workshops are a great way to demonstrate some of the treatments we do here at the clinic. Instead of going to a doctor and having them explain different things for you to do, we can show you a "cliff notes" version of how we would treat you as if you were a patient. Our workshops also include gift card drawings, material giveaways, and an opportunity to receive a FREE 30-Minute Consultation!

 Like us on Facebook

For more helpful health tips visit us at tetontherapypc.com

STAFF PROFILE



Whitney Fiscus

Physical Therapy Assistant, Cheyenne Clinic

Whitney joined the Teton Therapy team in June of 2019, where she has been an asset to the Cheyenne team ever since! Whitney earned her PTA associate degree from Laramie County Community College (LCCC) in 2010. She returned to Riverton and worked as a PTA in both pediatric and outpatient settings before moving to Cheyenne in 2017. Whitney has worked with children with developmental disabilities in both Fremont and Laramie counties for the last 9 years! When not showing her mad PTA skills, Whitney enjoys spending time with her husband and their 3 dogs. Together, they enjoy traveling, going to sporting events, hiking, snowmobiling, hunting, fishing and everything in between!

TIP OF THE MONTH Don't FALL for It!

Winter weather can create hazardous conditions, making slips, trips, and falls more common for all of us. We can't always prevent a fall, but we can reduce the risk of falling. Our team at Teton provides treatments and programs to help individuals maintain or increase their independence. Physical therapists play a major role in all stages of fall prevention by addressing strength, flexibility, balance, and any walking concerns. Falls are the most common cause of both traumatic brain injury and fractures in older adults, so take time to address winter hazards and avoid injuries!



We can't always prevent a fall, but we can reduce the risk of falling.

DOCTORS' NOTE Diagnostic Testing

If you haven't heard, Teton Therapy offers diagnostic testing in our Riverton, Lander, and Cheyenne clinics! Teton Therapy became the first therapy clinic in Wyoming to train therapists in conducting diagnostic testing. We invested in this technology to better pinpoint the source of a patient's pain and provide a more targeted therapy experience. We offer three types of diagnostic testing: Electromyography (EMG), Nerve Conduction Study (NCS) and Diagnostic Ultrasound. The result is better, faster care for our patients!

The high standards we provide with diagnostic testing can supply the most accurate data so the patient can get the help they need fast. Each of our Teton locations offers diagnostic testing. Call to set up an appointment with one of our highly trained therapists today!

