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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



### JANUARY: IN THIS ISSUE

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# TETON THERAPY

*Pain Isn't Fun—But We Are!*



## SUCCESS STORY

“I had zero headaches for 3 weeks! Life-changing would be a significant understatement.”



**KELLY G.**  
[ Sheridan patient ]

“I have dealt with headaches for over 20 years. As you can imagine, being a CEO and trying to be effective at work can be quite difficult when suffering regularly. My staff relies on me to be functioning at full capacity.

I have tried many things over the years; surgery for my deviated septum, chiropractic care, and of course allergy pills, sinus rinses, etc. However, I found that none of those things brought me relief.

My wife met Ginny and found out that she not only did Occupational Therapy, but dry needling too! My wife set me up with a consultation. I was skeptical but willing to try anything. Ginny was very thorough and listened to me during the consult. The very next day after my 1st appointment, my headaches were gone! I had zero headaches for 3 weeks! Life-changing would be a significant understatement. I want to thank everyone at Teton Therapy for all you have done for me!”

### 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

### TETON THERAPY & WOMEN'S HEALTH

Teton Therapy treats a wide variety of women's health conditions. Our PTs can address incontinence, hip pain, diastasis recti, and many other cases! Going through pregnancy or postpartum does not mean you have to be in pain! Hurting is not normal and PT can determine what the cause of the pain is and conservatively help decrease/relieve it.

"I want to get more involved with women's health because it is a very underutilized and unknown specialty of physical therapy," explains Cheyenne physical therapist, Ashton Hanson. "Many individuals live with pain during and after going through a pregnancy and physical therapy can help with this. I also love teaching patients about how important the core muscles are for a variety of different issues/pain."

Ashton has attended the Herman and Wallace women's health course and hopes to attend the second course this upcoming year. In the future, Ashton wants to pursue her Women's Health Clinical Specialist Certification (WCS).

**FYI:** Postpartum females should be pursuing PT treatments after delivery to help increase the strength of the pelvic floor in order to have the foundation they need to return to their prior level of function and to not experience pain or poor form when performing physical activity. Physical therapy is a conservative technique to help these patients return to physical fitness safely.

 Like us on Facebook

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



## STAFF PROFILE

### Tara Brost

Tara joined the Teton Therapy billing team in January 2019. Her passion to be in the medical field keeps her learning new things to bring to the table for Teton! When Tara isn't working at the billing office, you can find her and her husband running around with their 4 kids either on their cattle ranch or different sporting activities around the state. Tara's quick wit and contagious smile help brighten the office! Next time you see Tara, ask her about her 4 legged fur baby, Tucker!



## TIP OF THE MONTH

Most people know their insurance company, but not everybody knows what their premium, deductible, and out of pocket is! When it comes to knowing what your outpatient PT/OT benefits are, why not trust someone that lives and breathes insurance? Teton's in-house billing department does just that!

With the New Year and new insurance benefits, changes with your health insurance policy may occur. Do yourself a favor and call Teton Therapy's billing department to see what you have for and get started on your road to a pain-free life!

Call our billing office today for a FREE insurance evaluation at 307-463-0462!



## DOCTORS' NOTE

### Blood Flow Restriction Therapy

Blood Flow Restriction (BFR) uses a tourniquet system similar to a blood pressure cuff. The system is placed on an injured arm or leg to intermittently reduce blood flow in and out of the limb while the patient performs specific exercises to the instruction of their Physical or Occupational Therapist. Using BFR, you can exercise at much lighter weights while still creating a muscle growth and strength response that would otherwise only be triggered by lifting much heavier loads.

You can also use BFR to prevent muscular atrophy after surgery when you are unable to use certain muscles. This causes them to deteriorate over time and increases the length of time it takes to build strength back up. John Reddon, PT DPT in our Riverton Clinic, has had extensive training on how to use this safe and effective method of improving strength in a sport-related injury or post-operative procedure. To learn more about how BFR works, call our Riverton office at 307-857-7074!



## LOOK FOR US

### FRIDAY FOOD BAG FOUNDATION

Teton Therapy is joining civic clubs, churches, and volunteers in the Cheyenne community to make a difference! We are filling bags with food to get behind the goal of feeding children who do not have consistent access to nutritious food (or any food at all) on the weekends. This program is entirely dependent on donations and volunteers! **Find out more about how you can help this cause at [cheyenneffbag.org](http://cheyenneffbag.org)!**



To learn more about how BFR works, call our Riverton office at 307-857-7074!