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307-514-9999

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Lander, WY 82520
307-332-2230

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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



FEBRUARY: IN THIS ISSUE

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TETON THERAPY

Pain Isn't Fun—But We Are!



APRIL S.
[Cheyenne patient]

“Before I came to Teton Therapy, I was unable to do most of the basics of my everyday living. Writing, typing, working out, and putting up my hair, which is needed for my job, was a struggle. I broke a bone in my forearm and after two months of coming to Teton Therapy, I went to work on my goals and got back to doing the activities I enjoy. Working with Jacqui was extremely easy and positive. She provided detailed directions and helped me understand the “why” behind what we were doing and how it would help my rehabilitation. I am 99% back to normal since starting at Teton. I don't have any issues with almost everything I do; I can even pick up my 2 mini dachshund dogs without any pain! I went to the gym and was able to even lift weights! Very thankful that I am getting back to my old self and back to doing the things I love.”

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!

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Visit us at tetontherapypc.com

IN THE COMMUNITY Sheridan Screenings

Teton Therapy is improving the health of your community! Brian Allred, Physical Therapist at our Sheridan clinic, is offering FREE health screenings. Our health screenings allow you to ask any questions you would like and get free answers from a Doctor of Physical Therapy. Teton typically does screenings at adult/assisted living facilities like the Hub, Creekside Mannor, Sugarland Ridge, Heritage Towers, and Sheridan Square.

Brian will perform a mini-evaluation that is designed to best suit your needs and offers the quickest relief from pain. If physical or occupational therapy is the solution, we will take care of getting insurance verified and getting you a doctor's referral needed for insurance.

Our screenings are a great way to ask questions and get some feedback and peace of mind. Get information on whatever problem you have or think you might have as well as treatment options and advice. We can also recommend other resources in the community when needed! Get your professional opinion today.

Call our Sheridan office at 307-683-0123 to find out about our next public health screening!

LOOK FOR US Stars of Tomorrow

The 25th annual Stars of Tomorrow is set for February 15th at Central Wyoming College (CWC)! This event is a tradition that involves kids in all grades and is presented by Riverton's Kiwanis Club. You'll find Teton Therapy members either supporting the kids or working behind the scenes helping to organize the event. Come support the Riverton youth!

STAFF PROFILE

John Schutt

Most know John from his booming voice in the Riverton Clinic. Teton's VPO (Vice President of Operations) also known as Big John hails from Chicago, Go Bears! A natural athlete, John can be found on the local Rugby team tearing up the field or hitting up the slopes in Jackson Hole with downhill skiing. John's passion to help others drives from his mother being a nurse and listening to her day of helping her patients when he was younger, John knew then he wanted to be in the medical field helping others. His thirst to enjoy the outdoors not just on a vacation but every chance he got had him wanting to move out West and we couldn't be happier he thought Wyoming was the right fit!



TIP OF THE MONTH

Make the Most of Your Therapy Sessions!

There's no way of knowing when a work-related injury, freak accident, or any physical health concern could restrict your lifestyle, making you a candidate for physical therapy. Whatever the reason for your rehab needs, you probably want to get better as quickly as possible! Your goals and current needs will help determine how often and how long you will be seen at Teton. Our therapists make an educated decision regarding which patients require more frequent visits and which can proceed with a home exercise program. Each staff member is driven and excited to help you achieve your goals!

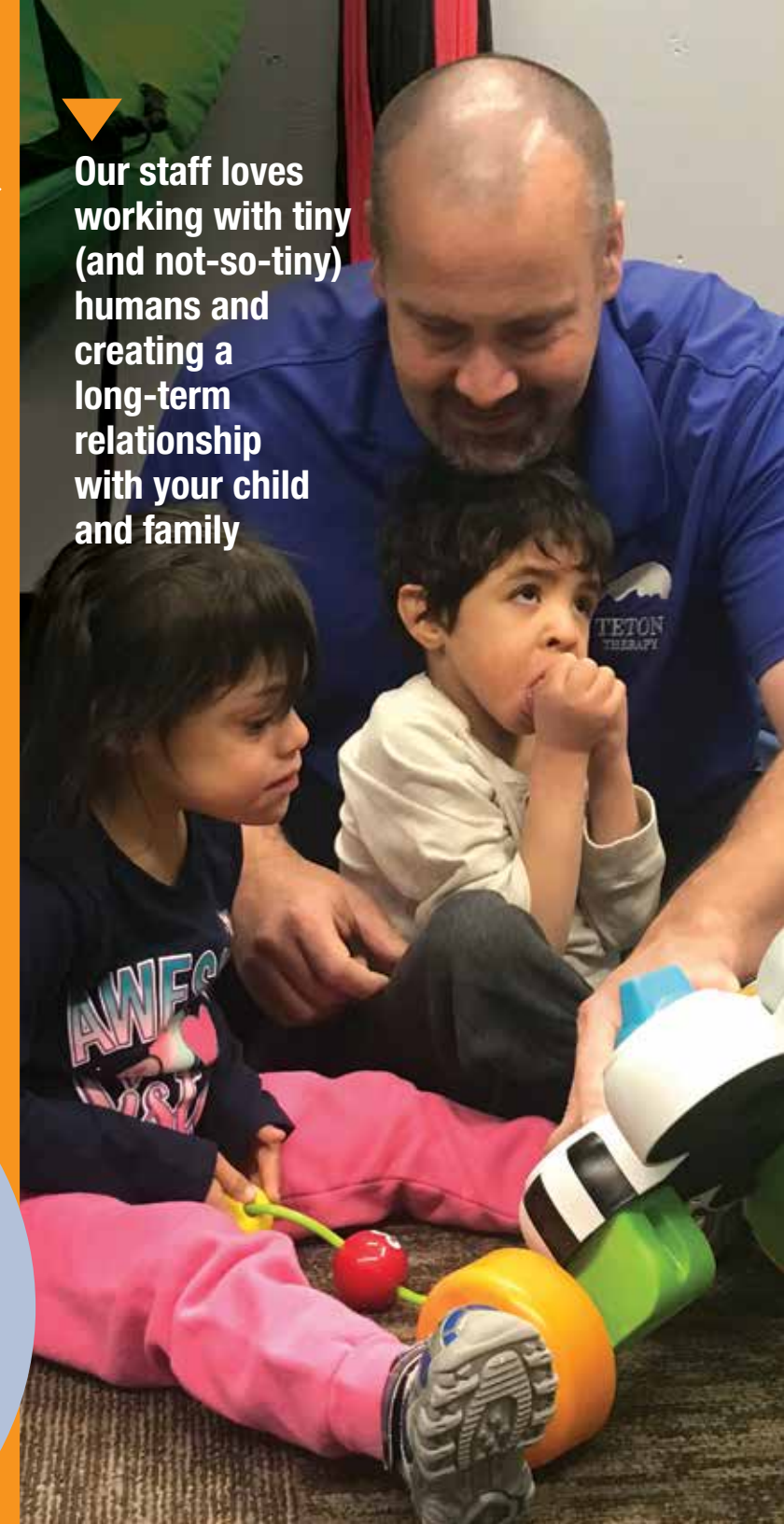
DOCTORS' NOTE OT for Pediatric Patients

Occupational Therapists work with a wide spectrum of patients, from infants to elderly adults. With pediatric populations, OTs often address development, growth, feeding, play, social skills, and education. They also focus on promoting functional skills for children with developmental disabilities, providing individualized treatment for sensory processing difficulties.

Our staff loves working with tiny (and not-so-tiny) humans and creating a long-term relationship with your child and family for an optimal, whole-picture, proactive lifestyle. Teton Therapy's Occupational Therapists can help design a program that is easy to follow and will help your child be successful in school and everyday life!

If your child or someone you know might benefit from Occupational Therapy, schedule their FREE 30-minute consultation today!

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 Like us on Facebook

For more helpful health tips visit us at tetontherapypc.com