



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



### APRIL: IN THIS ISSUE

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# TETON THERAPY

*Pain Isn't Fun—But We Are!*



"I love that I can pick up my grandson and not wince in pain!"

“I first came to Teton Therapy to seek treatment for my shoulder. Now I can put my coat on with little to no pain, brush my hair, get dressed and use my arms with little to no pain. At work I have to put money in a tube in the drive-up window, I can do this without hesitation now. Also, turn the wheel when I am driving. Overall everything I do every day is much easier. I love that I can pick up my grandson and not wince in pain!”

### 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)

# SUCCESS STORY

TONYA M.  
[ Riverton patient ]



We would like to thank ALL of our Teton patients for their continued dedication. Without you, none of this would be possible!

### IN THE COMMUNITY

#### Teton is outgrowing their space

2020 is off to a great start and the employees at Teton could not be more thankful for all of the wonderful patients and support the Wyoming communities continue to show! Teton Therapy in Riverton and Cheyenne are both excited to share the news of opening two new buildings. Teton Therapy in Sheridan will be expanding its current facility to accommodate more patients. The staff at Teton look forward to serving all future and current patients now and in the future with the growing amount of knowledge, dedication, and enthusiasm to help you get back to doing the things you love!

Cheyenne's new building will be more than double the size of the current location! It will allow us to be able to expand to accommodate and treat a larger capacity of patients that are currently being seen. This opportunity will also open doors to add additional Teton team members to continue to provide high-quality PT and OT services to our patients. We will be able to expand on our current services, and grow with the goal of adding Women's Health and Pediatric therapy options. Teton is excited about the new space and hopes to continue to help all those within the Cheyenne area. Our new location will be located at 603 E. Carlson Street, behind the Spectrum building.

**To find out more information about our new location, call our Cheyenne office at (307) 514-9999!**

 Like us on Facebook

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

## STAFF PROFILE

### Brianne Dandrea

Brianne Dandrea, a recent graduate of the University of Mary's Occupational Therapy program, has joined the Sheridan Teton Therapy clinic. She is certified in the LSVT Big exercise program for Parkinson's and neurological conditions. Bri enjoys working with people of all ages, but has a special place in her heart for the pediatric population. Bri is a welcome addition to our clinic and will be a great asset to our pediatric patients.

### LOOK FOR US Celebrate OT Month With Us!

Teton Therapy in Riverton would like to invite you to attend a free workshop focusing on infant tummy time. The workshop will be hosted at the Riverton clinic on May 13th from 6:00 PM to 6:45 PM. Dr. Sarah Flatt, PT will cover the importance of tummy time for your infant.

The workshop is open to anyone that is an expectant mother, has a young infant, or even a close family member or friend that would like to get more information on how tummy time is valuable for the infant in your life.

**For more information please call the Riverton Clinic at (307) 857-7074.**



### TIP OF THE MONTH If you are a side sleeper, support is key to avoid pain!

Invest in a quality, firm pillow, such as foam or an adjustable water pillow. The pillow should fill the space between your head and shoulder, allowing the spine to remain in a straight line from neck to hips. Using a softer pillow between your knees helps relieve pressure and keeps alignment through the hips. For further support, place a pillow behind your back or in front to hug. Proper alignment of the spine while sleeping can reduce shoulder, neck, and jaw pain.

## DOCTORS' NOTE

### Occupational Therapy? Ask the Expert!

#### According to you, what is an Occupational Therapist (OT)?

We are healthcare professionals who use evidence-based practice to promote independence in activities of daily living (ADL's) and instrumental activities of daily living (IADL's).

#### What motivates you to be an OT?

Seeing my patients return to their normal lives and seeing how happy they are when they can return to tasks they couldn't do before. Also, it's rewarding to see patients meeting their goals after their hard work and dedication to therapy!

#### How do you stay up-to-date with new technology that is relevant to OT?

I attend continuing education courses, a member of ASHT (American Society of Hand Therapy), and receive the Journal of Hand Therapy. I stay in communication with my mentor from my old job. She answers any questions I may have and directs me in the right direction. I've also found it helpful to follow a lot of other hand therapy clinics and people on social media!



*Occupational Therapy is offered at each of our Teton locations!*

**Seeing my patients return to their normal lives and seeing how happy they are when they can return to tasks they couldn't do before.**

