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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

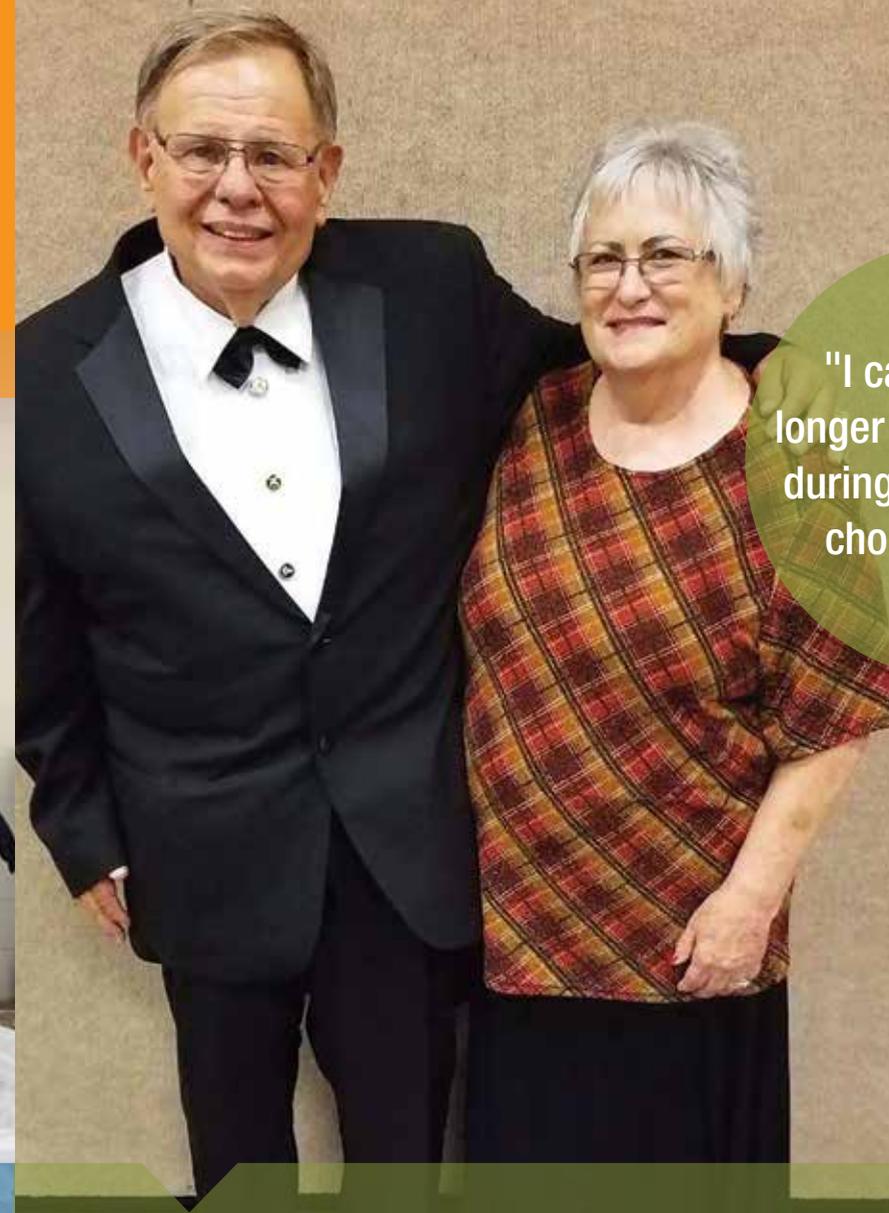


### MARCH: IN THIS ISSUE

- The Power of KT Tape
- Performance Training
- Teton Outgrowing Space!

# TETON THERAPY

*Pain Isn't Fun—But We Are!*



"I can now work longer without resting during my household chores." - Jared

### Kathy

"I came to Teton Therapy because of reoccurring falls. Now, I can stand in the kitchen and cook without back pain. I love to cook, so this is a BIG deal to me! I can also catch myself before I fall and walk downstairs without falling."

### Jared

"Before coming to Teton, I was experiencing pain in my right shoulder. I can now work longer without resting during household chores. My lifting ability has increased so that I can now lift a gallon of milk!"

### 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

## JARED & KATHY P.

[ Lander patients ]



Sheridan is proud of taking steps forward to expand their facility! The new expansion will allow clients access to more gym space, private treatment rooms, and individual pediatric and geriatric treatment areas. With the addition of extra space, Teton expects to accommodate 4-8 more clients an hour. Teton can expect to see more patients in our expanded facility as early as this month! We are excited about the additional space and will continue to help all those within the Sheridan area with our services.

### IN THE COMMUNITY Teton is outgrowing their space

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

Like us on Facebook

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

## STAFF PROFILE



### Ciera Carter Physical Therapy Assistant, Cheyenne Clinic

Ciera is a Colorado native but has been living in Wyoming for the last three years. She graduated with her Physical Therapist Assistant degree from Laramie County Community College (LCCC) in May 2019. She has a passion for this field and loves the outpatient setting! Ciera would like to continue growing in her career by learning more about women's health. When she is not working, Ciera enjoys all things outdoors, attending concerts, trying new food, and spending time with her wife and two dogs!

To find out more information about our expansion, call our Sheridan office at (307) 683-0123!

### LOOK FOR US Teton and Sugarland Ridge Teaming Up!



Our Sheridan clinic is providing exercise classes to the community at Sugarland Ridge! Often, clients that have worked with us make a special effort to be there, as they value the movement and are vested in staying independent. Exercise classes are open to the public and are held every Tuesday morning for 30-minute sessions. We work on a variety of exercises from upper/lower body strengthening, some light cardio, stretching, to core strength and stability.

Sugarland Ridge has been lovely to work with, and we want to work with you, too! **Call our Sheridan office for more information on how you can join.**

### TIP OF THE MONTH The Magic Tape

Elastic Therapeutic Tape, also known as PT Tape, Rock Tape, or Kinesio Tape, is a therapy tool our occupational and physical therapists utilize to support or release pain in muscles, joints, and ligaments. Some swear the tape has medicine in it, but it doesn't. It's just magic!

All jokes aside, the tape really isn't magic, but the skill is in the way our trained therapists place the tape. Taping can also be a benefit in therapy to assist with a variety of issues from pain control, added stability, assisting or reducing the amount of work a muscle performs, to reducing swelling or bruising.

"Elastic Therapeutic Tape is a versatile therapy tool, as it can be a benefit to anyone from pediatric to geriatric, athletes and post-surgical patients." Sarah Flatt, DPT, PT. It's easy enough to apply that once a patient is comfortable with wearing the PT Tape, a skilled therapist can teach you how to wear the tape in the home environment.

To learn more about elastic therapeutic tape, schedule a **FREE 30-minute consultation today at any of our Teton locations!**



## DOCTORS NOTE Move & Perform Better!

Our team in Cheyenne has introduced specialized training for patients who are focused on improving performance! Teton Therapy's physical therapist, Kenny Smith, has been using a method called performance training, a more systematic approach to getting people back to their high-level activities. "Good rehab is just good physical training, and one of our main focuses is getting patients back to physical activity. This training does just that," explains Kenny. "It's a repetitive way to try and progress our patients back to activity."

Performance training was developed for physical therapists and strength coaches to help people move and perform better. Every patient is different, and our training is reflective of our commitment to providing individualized programming to ensure development in a safe environment! We focus on the needs and goals of the individual.

**Ask our Cheyenne clinic today how performance training can help you!**

