



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



### MAY: IN THIS ISSUE

- Our Free Consultation
- Dry Needling For Headaches
- Teton Outgrowing Space!

# TETON THERAPY

*Pain Isn't Fun—But We Are!*



"I am now able to stand without compensating for one side... Thank you, Kenny!"

“Before coming to Teton, I was having trouble standing or sitting in one position for long periods of time. My hip pain was affecting my running and I was constantly shifting sides when I was sitting because of discomfort. Once I began treatment at Teton, I started seeing improvements. I am now able to stand without compensating for one side and can sit with better posture! Thank you, Kenny!”

### 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

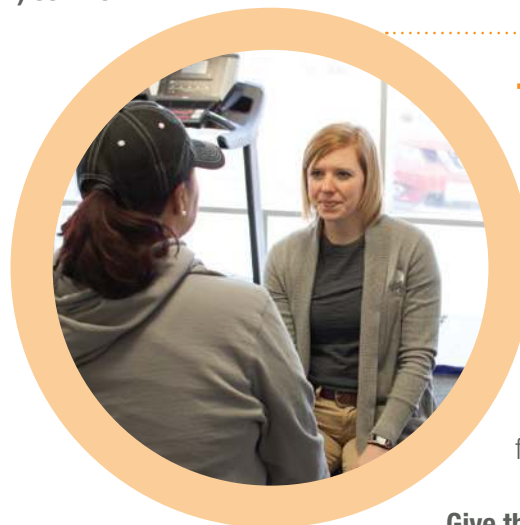
.....  
↓  
**TYLER S.**  
[ Cheyenne patient ]



Riverton's new building will offer new and innovative treatments, as well as bringing more expertise in our programs! With our new space, we will have enhanced therapy delivery methods,

post-therapy options, athletic performance programs, as well as community wellness programs. Our new location is at 1406 W. Main Street, the old Jiffy Rental Center, and is expected to be done by late spring, early summer! We are excited about the new space and will continue to help all those within the Riverton area with our services.

**To find out more information about our new location, call our Riverton office at (307) 857-7074!**



## 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! We would like to thank ALL of our Teton patients for their continued dedication. 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

### Theresa Horsch

Theresa Horsch is a Colorado native that moved to Lander in 2017. Being a lover of all the outdoor offers Theresa knew Fremont County was the place for her and her husband to raise their daughter. Theresa graduated in 2014 with her Doctorate in Physical Therapy from Marymount University in Arlington, VA. She is passionate about helping people from all walks of life to keep an independent and active life. Call today in either Lander or Riverton and schedule a Free consultation with Theresa and ask her about her energetic fur babies!



## TIP OF THE MONTH

Teton Therapy's Free Consultation consists of a 30-minute, one-on-one appointment with the Physical or Occupational Therapist of your choice. During your appointment, our medical professionals will talk with you about the history of your problem, the pain you may be experiencing, or any questions you may have. After a thorough exam, they will give you a written copy of the cause of your pain or problem and a plan for successful treatment! Get in touch with Teton Therapy today and schedule your individualized free consultation! Get on your way to living a pain-free lifestyle again!

**Give the gift of therapy by referring or passing along this newsletter to someone you know who may be suffering from pain!**

## DOCTORS' NOTE

### Dry Needling

Dry needling is an effective tool a Physical or Occupational Therapist can utilize to alleviate headaches. When you are experiencing a headache, different muscles throughout the head, neck, temples, etc. get knots and trigger points that cause the symptoms and referral patterns experiences. Dry needling is a painless technique in which a long filament needle deep into the tight, knotted part of the muscle. The placement of needles varies on the symptoms and type of headache each individualized patient may be experiencing. Dry needling targets those trigger points and knots to decrease the referral symptoms and let the muscles relax, thus stopping the symptoms.

**Know someone that could benefit from dry needling? Call any one of our four clinics Riverton, Lander, Sheridan or Cheyenne to schedule an appointment!**

## LOOK FOR US Youth Sports



We understand the impact and importance sports has on our youth! In the summer of 2019, Cheyenne Junior League (CJL) brought the joy of baseball to over 500 boys and girls, ages 5-12, in the Cheyenne community. CJL is a recreational league geared towards learning the game of baseball and having fun! To support the CJL, Teton helps contribute towards the usage of the field maintenance, uniforms, equipment, umpires, and everything else that it takes to run a successful baseball league. Teton's sponsorship also helps keep the registration fees low, to allow more youth athletes the opportunity to enjoy the baseball season!



**Dry needling is a painless technique in which a long filament needle deep into the tight, knotted part of the muscle.**

