

# Therapy NEWS

JUNE 2020

# Therapy NEWS

A Monthly Newsletter  
Focused On Health,  
Movement & Wellness

PAIN ISN'T FUN-BUT WE ARE!



INSIDE: • Home Exercise Program • Sheridan's Expansion • Managing Shoulder Pain



**TETON**  
THERAPY

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

Wait, What? **FREE** Consultations?  
Nothing is free anymore, right?

**WRONG!** A founding principle at Teton Therapy is that no one should have to live in pain. A free consultation with a licensed therapist will determine what course of treatment is needed. You receive 30 minutes of one-on-one time with a therapist. It's that fast and simple. **Want to learn more? Contact any of our four locations to schedule your free consultation.**

Like us on Facebook | Visit us at [tetontherapypc.com](http://tetontherapypc.com)



**Jeff McMenemy**  
OTR-L, CEO, Owner

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.



### 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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### Teton Remains Open

Teton Therapy will remain open to best serve our communities! Our team continues to be vigilant in their actions to decrease the risk of exposure during this COVID-19 pandemic. We are disinfecting all surfaces, tools, and equipment after each use in addition to washing hands and following social distancing guidelines. Your safety and progress are our #1 concern!





## Tip of the Month Home Exercise Programs

Home exercise programs (HEP) are a vital component of therapy services at Teton Therapy. These exercises keep you, as a patient, accountable, and able to move towards the goal of graduating faster from therapy. HEP are exercises that your PT and/or OT introduce and guide you through during appointments, such as balance activities using a chair, hip openers (abduction exercises), and other customized exercises. These movements and strengthening motions can then be transferred to the home environment for patients to feel more comfortable doing.

Dr. John Schutt, physical therapist in Lander, explains the reasoning behind HEP as, "We only see patients 3 times per week for an hour each session, which adds up to 3 hours a week. For the body to make a change, the reduction of pain and improved range of motion are crucial, both of which takes extended time. Exercise and massage done in the clinic during therapy sessions help speed up that process, however, HEP help accelerate that time even more."

To help you remember to do your HEP, display them on a surface you frequently see (e.g., mirror, fridge, etc.). Please call Teton Therapy if you are a current graduate of therapy needing updated exercises.

To learn more about home exercise programs, schedule a **FREE 30-minute consultation** today at any of our Teton locations!



**SUCCESS  
STORY**

## PATRICK T. SHERIDAN PATIENT

I came to Teton Therapy for pre-hab prior to my knee surgery. The range of motion I was able to achieve prior to surgery helped me immensely in how fast I've been bouncing back after surgery. The hard work I put into my therapy is really paying off and I'm very happy with my progression. The therapists I've worked with have always been very fun and professional. I can see they try to weigh everybody's needs equally and with care. It will be difficult to leave once my treatment is finished.



## Doctor's Note Managing Shoulder Pain

The shoulder is possibly the coolest part of the body! Involved in many of the ways we interact with our environment, the shoulder must be extremely mobile while still maintaining enough strength to complete activities. Its unique anatomy makes it a frequent source of pain as well as a common culprit for dysfunction in other parts of the body. These factors make treatment of the shoulder rewarding for both the patient and therapist.

Unlike the leg, the joints of the upper body tend to have small contact area, meaning the area of contact between bones is very small compared to the size of the bones. In the leg, the contact area is very big, which makes the joint much more stable, but less mobile. The shoulder joint, also known as the glenohumeral joint, looks like a golf ball sitting on a tee. This is where the humerus meets the shoulder. Due to the lack of bone-to-bone contact to keep it stable, the shoulder maintains its stability using nine muscles working together. Simple motions like reaching overhead require the coordination of all these muscles, plus an additional six that control the shoulder blade (scapula).

Since these movements require effective coordination, shoulder pain can be difficult to manage without professional assistance. Muscles can lose strength and other tissues can become tight, therefore disrupting the normal mechanics of the shoulder. Dysfunction in the shoulder may result in pain, decreased range of motion, weakness, and associated functional limitations. In cases where a fall or similar trauma is involved, other important structures can be disrupted.

Managing shoulder pain or dysfunction with a trained rehabilitation specialist can shorten the period of time until normal function returns. At Teton Therapy, many of our therapists have taken advanced shoulder courses to assist in treating the full spectrum of shoulder conditions. These include anything from simple shoulder pain to complex shoulder reconstructions. The most important factor in getting over shoulder conditions is starting therapy early!

**▶ READ MORE AT**  
<https://tetontherapypc.com/manage-your-shoulder-pain-at-teton-therapy/>

## Construction Update Sheridan Clinic

A large expansion has taken place at the Sheridan clinic. We recently completed a renovation, adding 900 additional square feet of clinic space, including a private treatment room and a dedicated pediatric room. The main treatment area allows our therapists to spread out and offer patients plenty of room for their rehabilitation exercises. It became a necessity to grow the clinic space as we added an additional physical and occupational therapist to our treatment staff earlier this year. The expansion affords us the opportunity to add additional treatment equipment. We are thrilled to bring new resources to our patients.



**STAFF  
PROFILE**

## BETSY OBLAK

Patient and Administrative  
Specialist, Cheyenne Clinic

Betsy Oblak was born and raised in Cheyenne, Wyoming. She is very active in the community and loves doing volunteer work for East High School - her alma mater! Betsy and her husband, Rich, also enjoy fine dining, traveling, and attending athletic events. Her daughter, MacKenzie, attends Oklahoma State University on a cross country/track scholarship. Betsy loves the outdoors, sports, and crafting!