



A Monthly Newsletter  
Focused On Health,  
Movement & Wellness

# Therapy NEWS

PAIN ISN'T FUN-BUT WE ARE!



# Therapy NEWS

AUGUST 2020



INSIDE: • Get Enough Exercise • Riverton's New Building • Custom Splints

**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)

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

**TETON THERAPY**  
820 W. Main Street  
Riverton, WY 82501  
307-857-7074

603 E. Carlson Street, Suite #304  
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



**Jeff McMenamy**  
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. Share the gift of health!

**Riverton** 307-857-7074  
**Lander** 307-332-2230  
**Cheyenne** 307-514-9999  
**Sheridan** 307-683-0123



### Free Shoulder Ultrasounds

Teton Therapy in Cheyenne wants to give back to you! The whole month of August, Teton is giving free shoulder ultrasounds, pain assessments, report of findings, plus a custom plan of care with ZERO out of pocket costs. If you are having pain or problems with day to day activities, this is an excellent opportunity for you! To sign up, call our Cheyenne office today!

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



To learn more about custom splints, schedule a FREE 30-minute consultation today at any of our Teton locations!

## Doctor's Note

# Custom splints for hand, wrist, and elbow

Did you know that occupational therapists are trained to fabricate custom splints/orthotics for patients with a variety of hand, wrist, and elbow issues? Custom splints/orthotics are almost always superior to over-the-counter splinting for several reasons, including custom patient fit, continued orthotic care, modification of the splint/orthotic, and adaptability of materials used to ensure compliance with the orthotic. There are several classifications of splints, including immobilization splints, mobilization splints, and restriction splints.

Immobilization splints are used for many reasons, including symptom relief, protecting, and positioning the limb for edema or after fracture or surgery, maintaining tissue length, and helping to aid maximal functional use of the affected limb. Common immobilization splints include wrist cock-ups (carpal tunnel syndrome), thumb spica splints (deQuervains, CMC joint arthritis), and finger gutter splints for fractures or tendon pathology.

Mobilization splints are fabricated to assist with elongating soft tissue contracture and adhesions, increase passive joint ROM, realign/maintain joints and ligaments, and substitute for weak

or absent motion. Static progressive, serial static, and dynamic splints are all examples of mobilization splints, and can be used for a wide range of conditions from increased tone post CVA/TBI to joint arthroplasty to nerve injuries. Often, these splints involve outriggers and use of rubber bands and pulley systems to assist with mobilization.

Restriction splints are primarily used to limit joint mobility, often after nerve injury or repair, tendon injury or repair, bone/ligament injury or repair. Additionally, restriction splints help provide joint stability and alignment, as well as assisting with functional use of the hand. Common examples of these are the Oval 8 splints worn to prevent Boutineers or Swan neck deformity, Mallet Finger splints, or elbow hinge orthotics to limit extension but allow full elbow flexion.

Custom splints are most often covered by the patient's insurance with a doctor's order, and often can be fabricated the same day as ordered. Good communication with the therapist regarding your desires and requirements of splinting will assist this process greatly and ensure excellent patient outcomes!

[READ MORE AT tetontherapypc.com/tetonnews/#blog](https://tetontherapypc.com/tetonnews/#blog)



SUCCESS STORY

## SCOTT W. CHEYENNE PATIENT

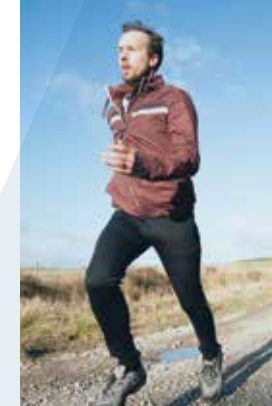
"Over the course of my treatment at Teton, I have seen a lot of improvements and results. My pain has been reduced, my mobility has increased, and I have learned how to move my body the proper way. The pain in my shoulder has decreased and the stabilizer muscles have also strengthened! I am now able to do push-ups with far less pain."



## Construction Update Riverton Clinic

Construction for Riverton's new therapy clinic began in May, with anticipated opening date for early fall. Riverton's new location at 2406 W. Main (the old Jiffy Rental building) will measure roughly 9,500 square feet, whereas the current building is 5,400 square feet. With the expansion, Teton will offer new and innovative treatments, as well as have the extra room to house the administration office staff at the same location. Teton will continue to provide enhanced therapy delivery methods, post-therapy options, athletic performance programs, as well as community wellness programs. We are excited about this new expansion. Make sure to keep an eye out for big events as we get closer to opening.

## Tip of the Month How much exercise do you really need?



### Regular physical activity is one of the most important things people can do to improve their health.

According to the US Secretary of Health & Human Services, about half of all American adults—117 million people— have one or more preventable chronic diseases. Seventy percent of chronic diseases are improved by regular physical activity. Consistent physical activity in the proper amounts and proper intensity levels can help improve sleep, boost mood, sharpen focus, reduce stress, control blood pressure, and lower the risk of diseases such as type 2 diabetes and some cancers.

### So how much exercise do you really need to reap these health benefits?

**Adults:** At least 150 to 300 minutes per week of moderate-intensity aerobic activity, along with at least 2 days per week of muscle-strengthening activities.

**Kids & Teens ages 6-17:** 60 minutes of moderate-intensity aerobic activity daily, while stepping it up to vigorous intensity 3 days a week. This should include muscle-strengthening exercises like climbing or swinging on the monkey bars, as well as bone-strengthening activities like running, jumping, and other weight-bearing activities.

Getting in exercise can be easier than you think. Consider that lawn work, house cleaning, dog walking, gardening, playing jump rope with the kids, or even dancing, can be great ways to get those minutes in, all while improving your overall health.



STAFF PROFILE

## JASON WEST MPT, MBA Riverton Clinic

Jason has joined the community of Riverton from Salt Lake City, Utah. Jason felt the need for a slower-paced lifestyle and found that Teton Therapy in Riverton has been a great fit! He has been a physical therapist since 2002 and received his MBA in 2009. Jason, his wife, and three kids enjoy downhill skiing, camping, fishing, and exploring the outdoors in all of its wonders.