



A Monthly Newsletter  
 Focused On Health,  
 Movement & Wellness

# Therapy NEWS

PAIN ISN'T FUN-BUT WE ARE!



# Therapy NEWS

JULY 2020



INSIDE: • Muscle Activation & Form • Cheyenne's New Building • Running Diagnoses

**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?**

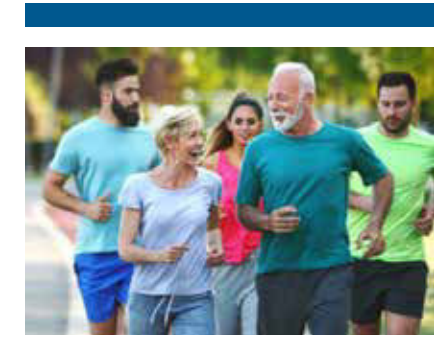


820 W. Main Street Riverton, WY 82501 307-857-7074	425 Lincoln Street Lander, WY 82520 307-332-2230
603 E. Carlson Street, Suite #304 Cheyenne, WY 82009 307-514-9999	727 E. Brundage Lane, Ste L Sheridan, WY 82801 307-683-0123



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

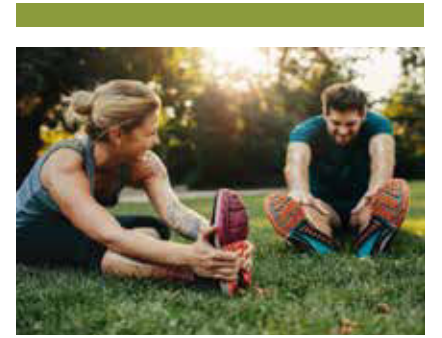
Our goal at Teton Therapy is to give you the results you want in a friendly, family-like atmosphere. Your time and trust are valuable and we are dedicated to helping you live a fuller, happier life.



**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



**Teton Remains Open**

On July 15th, Theresa Horsch, Physical Therapist with Teton Therapy, is hosting a Running Injury Prevention Workshop at our Lander location at 425 Lincoln St. The workshop will cover the most common forms of injuries in the lower extremities, and how physical therapy can help those injuries, allowing patients to maintain an active running life. If you have questions or want to reserve a spot, please contact our Lander clinic at 332-2230.

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## Doctor's Note

# How to live an injury-free running lifestyle

From around the age of one, humans start out wobbly, but once comfortable walking on our feet, we take off running and don't stop! As a young child, running is fun but as we get older it takes a toll on the body.

Running is one of the oldest forms of exercise known to man. The health benefits of running are vast, but what happens when our patients cannot run due to musculoskeletal issues?

Risk factors associated with running are usually multifactorial, but studies have shown consistency with three risk factors that lead to injury. These risk factors include 1. prior injury, 2. overuse, and 3. obesity. Other inconsistent variable studies have suggested age, anatomy type, foot type, specifics of training, shoe type, and nutrition status may also lead to running injuries.

Due to the multifactorial cause of pain with running or running related injuries, physical therapy can help with the following diagnoses:

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- **Patellafemoral pain:** more common in females vs. males, may be accompanied with weak hip musculature especially hip abductors, extensors, and external rotators. May have Trendelenburg gait pattern.
- **Medial Tibial Stress Syndrome (shin splints):** may have a tibial stress fracture associated with this, though not always. May be caused by excess eccentric loading of anterior tibialis muscle.
- **Achilles tendinopathy:** more common in males vs. females. Decreased flexibility in the gastrocs and decreased ankle ROM can lead to Achilles' tendon issues.
- **IT band syndrome:** may lead to lateral knee pain, typically an overuse injury. Associated with the weakness of hip abductors, external rotators, and extensors.
- **Plantar fasciitis:** patients will typically have pain at calcaneus at the plantar fascia attachment as well as decreased ankle dorsiflexion.
- **Stress fractures:** most commonly occur in the metatarsals or the tibia. Consider nutritional status, amenorrhea in females, overuse, level of progression in a training program. Diagnostic testing may rule in or out the presence of a stress fracture. It can lead to a full fracture. Typically will have point tenderness.

All of our physical therapists can help your patients with any or all of these injuries, along with giving pointers on how to live an injury-free running lifestyle.



SUCCESS STORY

## MARIAH F. LANDER PATIENT

It's been a long road from a broken foot to surgery, but now I am finally able to walk without a cane. At one point, I lost feeling in three of my toes, and after a few sessions of cupping and dry needling, I can now feel them! The best part is I am able to be active with my family. The next step will be skipping and gradually running!

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

## Tip of the Month

# Muscle activation & form

Most of us jump right into a workout routine without taking the time to think about muscle activation and proper form. When performing an exercise, we want to use the correct form to activate and feel the corresponding muscles properly engaged. To get the most of your workout, you must be aware of where you should be feeling it. If you are not using proper form, you may not achieve the benefits of the exercise and are at a higher risk of incurring injury.

Working on the stabilizer muscles is an important part of physical therapy. Think of stabilizer muscles as being similar to a foundation to a house. Without a strong foundation, the house will crumble! Working on stabilizer muscles will help you with daily activities like working in the garden, doing household chores, and proper work positioning. Proper form can also help you in working out and help you prevent injury. Many individuals move through exercises fast and will use momentum and other muscles to complete the exercise. This means slowing down and being aware of what body part an exercise is targeting is important to get the best workout possible!



STAFF PROFILE

## PETER CULP

Physical Therapist  
Sheridan Clinic

Peter Culp first came to Teton Therapy as a student, completing his clinical rotation with PT, Brian Allred. He began practicing physical therapy in February 2020. Peter received his doctorate in physical therapy from the University of St. Augustine for Health Sciences. Peter enjoys helping his patients improve the quality of their life by becoming as functional as possible by motivating them to meet or exceed their goals.

## Construction Update Cheyenne Clinic

Starting this month, Teton Therapy in Cheyenne will officially be operating at our new facility! We are now located at 603 E. Carlson Street, behind Spectrum. The new building provides more than double the space of the former building. This expansion allows us to accommodate and offer treatment to a larger number of patients. It also affords us the opportunity to add additional Teton team members and continue to provide high-quality PT and OT services to our valued patients.

