



A Monthly Newsletter
 Focused On Health,
 Movement & Wellness

Therapy NEWS

PAIN ISN'T FUN-BUT WE ARE!



Therapy NEWS

OCTOBER 2020



INSIDE: • Physical Therapy Month • Essential Exercises • Treating Bell's Palsy

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.**

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

Like us on Facebook | Visit us at tetontherapypc.com

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



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



Vertigo Relief

Does someone you know suffer from vertigo? Send them to Teton Therapy. Physical therapy plays a crucial role in helping dizziness and vertigo by performing several key treatments. We can help you feel more in control and in some cases can achieve instant results with specialized procedures. **Get relief from vertigo or dizziness today!**

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Doctor's Note

Treating Bell's Palsy

Bell's Palsy is a condition causing sudden paralysis to the peripheral nerves that control our facial muscles, and commonly affects one side of the face.

A person suffering from Bell's Palsy may experience any one of the following symptoms:

- Sudden weakness
- Inability to close the eye
- Drooping of the face
- Teariness or dryness in the eye
- Drooling
- Difficulty moving the lips causing difficulty with speaking
- Pain in the ear or eye
- Sensitivity to sound
- Loss of the sense of taste

While the cause of Bell's Palsy is unknown, it usually occurs from inflammation of the facial nerve or cranial nerve 7. Bell's Palsy can be associated with the following conditions:

- Diabetes
- Trauma to the face
- Lyme Disease
- Sarcoidosis
- Multiple Sclerosis
- High blood pressure
- Toxins
- Guillane-Barre Syndrome
- Myasthenia Gravis
- Infection

To learn more about Treating Bell's Palsy, schedule a **FREE 30-minute consultation** today at any of our Teton locations!

Tip of the Month

Exercise Essentials

HELPS PREVENT LOW BACK PAIN

Half-Kneeling Pallof Press

Take a band and anchor it to a stable object (i.e. a door, heavy piece of furniture). Get onto one knee, with the knee closest to the anchor down. Hold the band at your chest and take the slack out of the band so that it is stretched. Press straight out from your chest and return to the starting position. **Do this 10 times facing each way. Repeat 2-3 times.**



Half-Kneeling Open Books

Find an open wall and a soft surface. Get on one knee, with the knee closest to the wall up. Reach both arms straight in front of you and push the wall-side knee into the wall. Rotate through your upper back, bringing the outside arm around to touch the wall. **Do this 10 times facing each way. Repeat 2-3 times.**

While 70-94% of patients recover within 6 months after the initial paralysis, up to 30% of patients do not make a full recovery of symptoms.

Physical therapy takes in the medical history of the patient and will allow the therapist to get a baseline when treatment starts.

Due to muscle spasms and pain that may occur, the therapist may utilize dry needling, soft-tissue massage, and myofascial release to help with these symptoms. The goal is to improve facial muscle strength, coordination, and function.

Our physical therapist will educate the patient on how to handle facial paralysis, with daily activities, and may include modifications for eating and drinking.

Bell's Palsy patients have found being in physical therapy treatments on a consistent basis greatly improves their recovery and keeps them from backsliding.

If you know someone who suffers from Bell's Palsy, pass on this newsletter and help them get back to living.

 **READ MORE AT** tetontherapypc.com/tetonnews/#blog



SUCCESS STORY

ALICE F. LANDER PATIENT

"My symptoms for Bell's Palsy started in 2017. After 4 months of trying different treatments, I went to Teton Therapy for Physical Therapy. When I first came to Teton I was wearing an eye patch over my eye since I was unable to close the eye. In a short time, I was sleeping through the night, wrinkling my nose, and was able to close my eye! The biggest success I'd have to say is being able to do my beadwork and continuing to be able to drive. The staff at Teton Therapy have helped keep me on track and keep getting the results I want."



STAFF PROFILE

BROOKE AUSTIN

Physical Therapy Assistant,
Cheyenne Clinic

Brooke is the latest PTA addition to join the team in Cheyenne! She started working as a therapy technician during her senior year of high school and decided she would like to stay in the field for her career. Brooke attended LCCC and completed the Physical Therapist Assistant program in May of 2019. In her free time, Brooke enjoys spending time with her boyfriend and dog, working out, and visiting family.

PT Month

October is National Physical Therapy Month! If you have never had physical therapy, you might be asking yourself, "What is so special about physical therapy and why is there a whole month dedicated to it?" That is a great question.

The entire month is dedicated to physical therapy to raise awareness of the profession. Physical therapy is the first line of treatment for a successful recovery! PT is the preferred method of treatment because it discovers the abnormal movement in the joint and naturally corrects it. The important part is, it does not involve major surgeries or relying on painkilling drugs!

