



A Monthly Newsletter  
 Focused On Health,  
 Movement & Wellness

# Therapy NEWS

PAIN ISN'T FUN-BUT WE ARE!



# Therapy NEWS

SEPTEMBER 2020



INSIDE: • Cheyenne Open House • Exercise Essentials • Treating Lymphedema

**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)



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



**Neuropathy Relief**

**Does someone you know have neuropathy?** Send them to Teton Therapy. Treatment from our physical and occupational therapists help reduce symptoms that are typically numbness, tingling, muscle weakness, and pain in the affected area. We also educate patients on how to safely manage pain and help maintain and improve functions that may be limited. **Get relief from neuropathy today!**

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



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

## Doctor's Note Treating Lymphedema

Patients with lymphedema are finding relief and getting results at Teton! Our approach to treating and managing lymphedema is multifaceted. Therapists educate patients about the importance of good skincare, how to perform self-manual lymph drainage, and what they can do and should not do. In addition, we instruct decongestive exercises and give a simple, but effective, home programs!

In a session, therapists will perform manual lymph drainage, which helps what remains of the lymphatic system process fluid more efficiently. The most important part of treating and managing lymphedema is compression. During treatment, a therapist will use compression wraps that get changed several times per week to help "squeeze" the fluid out of the area, in a pain-free manner! Once the limb or body area is reduced to its lowest possible size, the therapist will measure for compression garments that fit the patient and help keep fluid from accumulating.

Lymphedema is a high protein swelling that occurs when the lymphatic system is damaged and is no longer able to take up

proteins and cellular debris. We most commonly see it after surgery (i.e. mastectomy or prostatectomy) and radiation related to cancer. However, lymphedema can occur in any area of the body. The lymphatic system is not able to regenerate after injury, so lymphedema, once developed, is a condition that you must manage for life.

In an evaluation, your therapist will ask for a complete history of what helped develop lymphedema, ask about current and past treatments, investigate other body systems (i.e. cardiovascular, kidney, and liver function), find out what the patient is capable of and where they might need help. We evaluate the skin, take measurements of the body area, assess general mobility and strength/function of the body part.

Teton staff uses a variety of garments, depending on the patient's function, and works with the patient to make this daily management something that does not feel overwhelming. We strive to give a solid toolbox of strategies and are always here to provide support and answer any questions!

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



**SUCCESS STORY**

## JANIS R. RIVERTON PATIENT

"I came to Teton Therapy at a loss. I was told surgery was the only thing to help my type of lymphedema, Chronic Venous Insufficiency (CVI) Lipedema. While I know surgery will eventually be needed, Danielle has taught me the pressure needed to apply my wrappings so I don't hurt more and can continue to stay active on my ranch. In the short time I've been seen by Danielle, the swelling in my legs have gone down tremendously."



## Clinic Update Cheyenne's Open House Thursday, September 3rd at 4:00 PM

We are thrilled to be celebrating our 5th year of operation with an open house evening of fun! Attendees will have the opportunity to tour our new clinic, meet the therapists, ask questions, and learn more about what we do and how we do it. All while noshing on appetizers from Capitol Cuisine! We are excited to be giving away some fabulous raffle prizes including Kelty travel chairs, Yeti tumblers, as well as a variety of Teton Therapy swag items. We are thrilled to be going into our 6th year of business and want to thank our community for their valuable support.

## Tip of the Month

### Exercise Essentials

HELPS RELIEVE LOW BACK PAIN

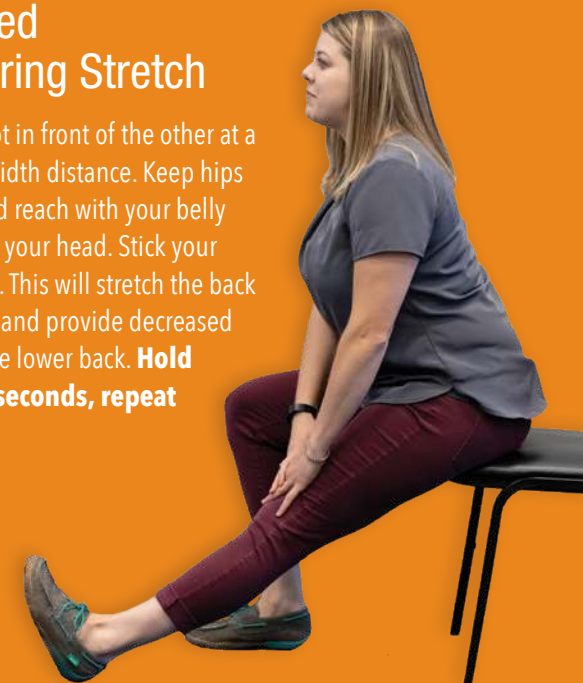
#### Hamstring Stretch

Put one foot in front of the other at a shoulder-width distance. Keep hips forward and reach with your belly button, not your head. Stick your behind out. This will stretch the back of your leg and provide decreased pull into the lower back. **Hold for 30-60 seconds, repeat 3 times.**



#### Modified Hamstring Stretch

Put one foot in front of the other at a shoulder-width distance. Keep hips forward and reach with your belly button, not your head. Stick your behind out. This will stretch the back of your leg and provide decreased pull into the lower back. **Hold for 30-60 seconds, repeat 3 times.**



**STAFF PROFILE**

## NICHOLE MILLER Therapy Technician, Lander Clinic

Nichole Miller has only been with Teton Therapy for a few months but has jumped right in as part of the team! Nichole has been a Lander resident nearly all her life. While she did a year in Colorado she knew Lander was the place she needed to be to raise her 3 beautiful daughters. Nichole and the girls enjoy all things girly, spa days, cooking, crafts while keeping busy in the outdoor life. Nichole's favorite thing about Teton Therapy is the patients!