



A Monthly Newsletter  
 Focused On Health,  
 Movement & Wellness

# Therapy NEWS

PAIN ISN'T FUN—BUT WE ARE!



# Therapy NEWS

DECEMBER 2020



INSIDE: • Teton's 20th Birthday • Exercise Essential • Get Relief from Arthritis

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## WE OFFER FREE CONSULTATIONS

**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?



**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



## Pregnancy Pains

**Does someone you know suffer from pregnancy pains?** Send them to Teton Therapy. Physical therapy is an effective treatment for low back pain during pregnancy. We work on improving posture, joint alignment, strengthening muscles, and increasing flexibility. Exercises that increase muscle strength in the hips, back, and abdomen can prepare the body for delivery and improve recovery after delivery.

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Tip of the Month

## Exercise Essentials

### SHOULDER AND SCAPULAR STRENGTHENING

#### Wall Walks with Band

Take a light resistance band and tie it into a loose loop. Put the resistance band around your wrists. Lean against a wall with your forearms vertical and far enough apart to stretch the band. Keep tension on the band while walking your hands up and down the wall. Repeat this 3 times, 1 minute each.

**\*\*Please check with one of our doctors of physical therapy before beginning a home exercise program. We will evaluate your balance and recommend appropriate exercises that are customized to match your comfort and abilities to reduce pain and restore normal function!**



Keep tension on the band while walking your hands up and down the wall.

To learn more about Therapy for Arthritis Pains, schedule a FREE 30-minute consultation today at any of our Teton locations!



## Doctor's Note Therapy for Arthritis Pains

Osteoarthritis is the most common type of arthritis. In fact, the CDC estimates that 1 in 4 (or 54.4 million) US adults have some form of arthritis, a figure that is projected to reach 78 million by the year 2040. The reason people get arthritis is from the degeneration of the cartilage in a joint. This wear and tear over time leads to bone spurs, poor tissue strength, inflammation, pain, weakness of surrounding muscles, and poor joint movement.

Arthritis pain/inflammation is what we help our patients with day in and day out. Therapy reduces aches and pains from arthritis while gaining more mobility and function. If you want to know how to relieve and reduce the pain of arthritis, try physical and occupational therapy first! Patients often experience pain from arthritis because of stiff joints, muscles, and other tissues.



STAFF PROFILE

### HECTOR BAQUEDANO

Therapy Technician, Cheyenne Clinic

Hector was born and raised in Santiago, Chile. It was there where he met his wife, a Wyoming native, who brought him to Cheyenne a couple of years later. Hector attended PT school in Chile and is currently working on moving his license to the U.S. He is thrilled to be part of the team at Teton Therapy and living the cowboy experience in Wyoming! When he is not hanging with the crew at the clinic, he enjoys camping, hiking, and biking with his wife and dog!



## Celebrating 20 Years of Business!

We could not be more excited to be celebrating 20 years of dedication to the health and well-being of the people in Wyoming! Through countless hours of hard work, our employees remain crucial to ensuring that our company stands strong and benefits our communities.

#### QUICK HISTORY OF TETON

Teton began in 2001 when occupational therapist, Jeff McMenamy wanted to start a private therapy practice. The original office of Teton Therapy was a small remodeled garage in Riverton, Wyoming. From that tiny seed, the practice grew to the three Wyoming locations we have today! For 20 years, we have reached and successfully worked with thousands of Wyoming residents!

#### SYMPTOMS OF ARTHRITIS:

- Pain with activities
- Swelling and tenderness
- Reports of on and off pain
- Poor balance and walking abilities
- Limited range of motion and stiffness
- Loss of function with normal tasks of cleaning, dressing, lifting groceries, working, etc.

There are a lot of things you can do to help decrease your arthritis pains! One of the major things to focus on is preventing the flareup from happening in the first place. This begins with knowing a few key concepts that can lead you to a healthier and happier life by treating your osteoarthritis:

- Protect your joints. For example, DO NOT lift heavy objects in one hand
- Make sure you stretch often to keep the proper joint motion
- Do strengthening exercises to add muscle support to the affected joint
- Drink plenty of water to hydrate your tissues
- Avoid inflammatory foods such as fried foods, sugary foods, soda, enriched processed foods, etc.
- Seek help before you start resorting to pain pills, our physical and occupational therapists can show you how to reduce your pain

Physical and occupational therapy are some of the best treatments for eliminating arthritis pain. Not only do we help to maximize your joint movement, but we improve your strength and show you what to do to maintain your joint health. For any questions on how we can help you with your arthritis pain, call the experts at Teton today!



SUCCESS STORY

### BETSY J. RIVERTON PATIENT

"Without physical therapy, I would be in much more pain. I am having fewer muscle spasms down my back and hips, and my legs feel much stronger than they were before I came to therapy. All of the therapists challenge and encourage me to push myself so I will have a much faster healing period after my hip surgery. Thank you, Teton Therapy - you guys are the BEST!"