



A Monthly Newsletter
 Focused On Health,
 Movement & Wellness

Therapy NEWS

PAIN ISN'T FUN - BUT WE ARE!



Therapy NEWS

NOVEMBER 2020



INSIDE: - Say Goodbye to Sciatica Pain - End of the Year Deductible - Reducing Falls this Wintertime

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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?



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



Sciatica Pain

Does someone you know suffer from sciatica pain? Send them to Teton Therapy! Sciatica is a common condition that affects 10% of the population. While sciatica can literally be a pain in the backside, it does not have to stay with you. Simple strategies and seeing the right physical therapist early can make a big difference in quickly healing and returning to the pain-free activities you love.

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Doctor's Note

Reducing Falls

Although falls are a constant concern regardless of weather, individuals need to be especially careful during the wintertime. Cold temperatures can create normal environments to become unsafe. Given the dangerous nature of falls in older adults, it is important for individuals to keep steps and walkways clear of snow, ice, and any other potential hazards for falling. Be extremely cautious when using canes, walkers, or crutches on snow and ice.

BALANCE: Slipping on ice can be extremely dangerous and leaves people vulnerable to injury. Our ability to balance depends on three main components: sensations from joints and muscles, the inner ear, and vision. As we age, our reflexes slow down slightly. This makes it difficult to adapt to uneven or slippery terrains such as grass, snow, cracked pavement, gravel, and stairs. In addition, poor posture, weakness in the hips and poor eyesight can all contribute to poor balance.

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

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

Tip of the Month

End of the year deductible

Have you reviewed your insurance plan and coverage lately? At the end of the year, many patients have met most, or even all, of their insurance plan's deductible. If you have a family plan, had any surgeries, or suffer from a chronic illness, there is a good chance that you have met your deductible for the year! What does this mean?

If you have met most or all your deductible, this will greatly reduce your out-of-pocket medical expenses. For instance, the cost of physical therapy could be very minimal or even 100% covered by insurance! Physical therapy can greatly reduce not only your pain levels but also the amount of money that you ultimately spend on your pain in the long run.

At the beginning of the year, most insurances have a set amount of physical therapy visits you get a year. If you don't use these visits, you lose them!

Not sure what your deductible is or if it has been met? Call our billing staff at 307-463-0462 and let them help you figure it out!



BENIGN PAROXYSMAL POSITIONAL VERTIGO (BPPV): BPPV is a common syndrome caused in most cases by displaced otoconia in the semicircular canals of the inner ear, making individuals sensitive to gravity. The causes of BPPV range from rolling over in bed, getting in and out of bed, bending over, tipping of the head in a backwards motion, and quick head movements. Physical therapy can help with BPPV! Treatments are designed to free the affected canals of otoconial debris by displacing them into the utricle.

Physical therapy plays a BIG role in helping dizziness and vertigo by performing several key treatments. At Teton Therapy, our staff can help you feel more in control and in some cases can achieve instant results with specialized procedures. In other cases, balance and coordination training can decrease the symptoms and allow you to move without dizziness or vertigo.

TIPS FOR WALKING IN WINTER WEATHER!

- Walk slowly with caution
- Use sidewalks and handrails
- Wear appropriate footwear with traction
- Report any poor lighting, potholes, or parking lot damages
- Don't put your hands in your pockets (you may need your arms to stabilize yourself)



SUCCESS STORY

BETHANY W. CHEYENNE PATIENT

"Jacqui has worked with me for a year now and my wrist has improved greatly, my pain is almost completely gone. I can get back to performing the majority of tasks. I can't thank Jacqui enough for all of the amazing work that she has done for me!

Jacqui, you have honestly improved my quality of life. Thank you so much for everything!"



STAFF PROFILE

LUKE BENNETT

Physical Therapist, Riverton Clinic

Luke comes to Wyoming from Hilton, NY, where he was born and raised. Upon receiving his Doctorate of Physical Therapy in May of 2019, Luke worked for UR Thompson Health in Upstate New York. In January 2020, Luke became a traveling PT and found his way to Wyoming with his girlfriend, Erin. In August of 2020, Luke accepted a full-time position with Teton. Like most that find themselves in Wyoming, Luke, Erin, and their yellow lab, Todd, love exploring all the wonderful outdoors!



Riverton's New Clinic!

Riverton's new building will offer specialized and innovative treatments, as well as more expertise to our current programs! At the new space, Teton will provide enhanced therapy delivery methods, post-therapy options, athletic performance programs, as well as community wellness programs. Our location will be 1406 W. Main Street, the old Jiffy Rental Center, and is expected to be done by early November. We are excited about the new space, and will continue to help all those within the Riverton area by providing quality Physical and Occupational Therapy services.

To find out more information about our new location, call our Riverton office at (307) 857-7074!