



A Monthly Newsletter  
 Focused On Health,  
 Movement & Wellness

# Therapy NEWS

PAIN ISN'T FUN-BUT WE ARE!



# Therapy NEWS

FEBRUARY 2021



INSIDE: • Treating COVID-19 Fatigue • Exercise Essentials • Staying Busy In Our Communities

**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.](#)

**WE OFFER FREE CONSULTATIONS**

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

**TETON THERAPY**

1406 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

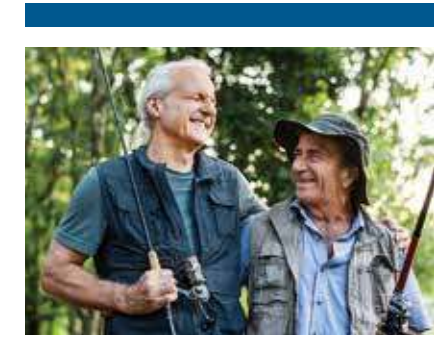


**Jeff McMenamy**  
 OTR-L, CEO, Owner

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.

*Ve* 307-840-9440  
 PHOTOGRAPHY [www.veaphotography.com](http://www.veaphotography.com)  
 Cheyenne, Wyoming Business and Family Photographer  
 Thank you, Ve Photography for our photography needs!

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## 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



## Neck and Back Pain

**Does someone you know suffer from back or neck pain?** Send them to Teton Therapy! Millions of Americans are impacted by back and neck pain every year. While there are many options available for treatment, they may only address the relief of symptoms instead of targeting the cause of your pain. Seeing the right physical therapist early can make a big difference in quickly healing!

Tip of the Month

## Exercise Essentials

### HELPS RELIEVE NECK PAIN

#### Upper Trapezius Stretch

Using a chair, sit down with good posture. Put your arms to your side and anchor one hand to the bottom of the chair to keep your shoulders level. Bend your head to the opposite side of the anchored hand. Very gently, take your free hand and grab your head above your ear. Let the weight of your arm pull your neck to the side. Take your ear in the direction of your shoulder. You should feel a stretch in the side of your neck and upper back.

\*Please check with one of our Doctors of Physical Therapy before beginning a home exercise program. Our professionals will take an evaluation and recommend appropriate exercises that are customized to match your comfort and abilities to reduce pain and restore normal function!



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



### Doctor's Note

## COVID-19 Therapy for Fatigue, Breathing, and Mental Health

With the recent pandemic, many individuals who have recovered from COVID-19 are finding themselves very fatigued and have noticed a significant decrease in strength and conditioning. Due to the nature of the COVID-19 virus, it can take a large toll on the respiratory system and can significantly decondition an individual. This lack of strength and conditioning can cause a person to be at risk for falls, cause inability to perform work functions, and/or limit the ability to perform day to day tasks.

At Teton Therapy, we come up with a treatment plan that focuses on balance and conditioning activities in a safe and effective manner. These techniques help individuals return to full function quicker than just doing a basic home exercise program. Riverton, Lander, and Cheyenne clinics also provide private treatment rooms for anyone needing additional,



### STAFF PROFILE

## SIERRA GUZMAN

Therapy Technician, Riverton Clinic

Sierra is a Riverton native, having lived there her whole life. It's where a lot of her family also resides. She had her first daughter, Catalaya, back in August and she lights up her whole world! Sierra enjoys going fishing and being outdoors with her family and her girlfriend, RedDawn. One day she plans to go back to school in hopes of becoming a therapist. When Sierra is not at work, she is usually in the kitchen practicing family recipes and learning some of her own!



## In Our Community

Entering this new year, we want to reflect on all the great things we were able to do for our Wyoming communities in 2020! Our Lander and Riverton staff raised funds for local animal shelters by participating in "Splash the Staff." In addition, Riverton took 1st place in the Halloween Spook-tacular competition, collecting 156 of the 270 total pounds of candy for kids in Fremont county! The Cheyenne and Riverton clinics participated in the 7th annual Gobble Gobble Give food & fund drive, helping contribute over 90,000 meals for our Wyoming communities. Way to go Teton!



### SUCCESS STORY

## JIM B. LANDER PATIENT

"The team at Teton Therapy has helped me improve my transition from getting in and out of my chair. My balance has improved significantly that going up and downstairs is getting easier after each therapy session. Bending over to put on my socks and shoes, which used to be a chore is getting easier as well. I can't say enough about the team in Lander. Thank you!"