

Therapy NEWS

JANUARY 2021



INSIDE: • Treating COVID-19 Fatigue • Celebrating 20 Years of Business • Therapy for Pregnancy Back Pains

Therapy NEWS

A Monthly Newsletter
Focused On Health,
Movement & Wellness
PAIN ISN'T FUN-BUT WE ARE!



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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?



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.

Vea PHOTOGRAPHY 307-840-9440
www.veaphotography.com
Cheyenne, Wyoming Business and Family Photographer
Thank you, Vea 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!

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Lander 307-332-2230
Cheyenne 307-514-9999



Post COVID-19 Fatigue

Does someone you know suffer from post COVID-19 fatigue? Send them to Teton Therapy! Covid-19 can take a large toll on the respiratory system, significantly deconditioning 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. Our therapists are experts in developing plans for these symptoms in an effective, safe manner.



Doctor's Note

Pregnancy Back Pain

Teton's approach to treating low back pain during pregnancy and postpartum is multifaceted. Many factors contribute to how a patient's postpartum plan of care is developed and individualized. For example, therapists consider the number of pregnancies, number of births, and what/how many complications occurred during or after pregnancy when developing a treatment plan.

PRENATAL LOW BACK PAIN TREATMENT

During pregnancy, a woman's body has a surge of hormones throughout the body allowing for increased laxity within joints like the hips, pelvis, SI, and spine to prepare the body for birth. The increased laxity can cause other muscles or joints to become overactive, causing pain. When treating patients with low back pain during pregnancy, treatments typically start with decreasing soft tissue dysfunction through the glutes, low back, and hips. As muscles start to relax and range of motion improves, your therapist

will start to target weak muscles to improve strength. Those exercises can include, but are not limited to, transverse abdominis activation, clams to stabilize hips, and cat camels to help keep the body mobile.

POSTNATAL LOW BACK PAIN TREATMENT

After pregnancy, a woman's body is in recovery from giving birth. The body is still in a lax state and the abdomen is still separated. After 6 weeks, postnatal women are oftentimes cleared to return to normal activity. Due to the body being "inactive" for 6 weeks it can become stiff and the core becomes weak, causing muscles like lumbar paraspinals and hip flexors to compensate for stability and strength. Some of the same approaches to treating prenatal low back pain can be applied to treating postnatal low back pain. Similarly, we start with decreasing soft tissue dysfunction then progressing to improving strength through the core and hips. As exercise is progressed the therapist will take a special look at body mechanics when caring for your newborn and returning to your normal functional activity.

Physical therapy is an effective treatment for low back pain during pregnancy! Our physical therapists work on:

- Improving posture
- Strengthening muscles
- Joint alignment
- Increasing flexibility

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

Tip of the Month

Exercise Essentials

HELPS RELIEVE LOWER BACK PAIN

Cat-Cow Stretch

Position yourself on all fours on the ground. Align your wrists underneath your shoulders and your knees underneath your hips. Think of your spine as a straight line! Cow: Tilt your pelvis back so your tailbone sticks up, arching your back. Drop your belly down, but keep your abs tight! Draw your head up without cranking on the neck. You should feel a stretch in the lower back. Cat: Tip your pelvis forward, tucking your tailbone. Drop your head and draw your nose toward your spine, creating a natural curve. Concentrate on your breathing throughout the stretch. Hold for 5-10 seconds. Repeat approximately 10 times.

MODIFICATION: Sit with feet flat on the floor, with your hands on your hips or knees. Inhale: Tilt your pelvis back and stick your bottom out. Pull your shoulders down and back, looking up towards the ceiling. Exhale: Bring hips forward, rounding the spine. Curve your shoulders forward and look down toward your stomach. Repeat these movements on each inhale/exhale for 5-10 breaths.

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

STANDARD MODIFICATION



*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!



SUCCESS STORY

LEROY G. RIVERTON PATIENT

"I started coming to Teton Therapy for headaches that wouldn't go away throughout the day. After only 2 therapy sessions, my daily headaches seemed to go away. Between exercises and manual, the tightness in my neck is getting much better. I can continue making my carved wooden spoons with no problem. Mark and the team at Teton Therapy have helped me stay active and pain-free!"



STAFF PROFILE

JANE VILLAR

Cheyenne Physical Therapist

Jane is a New Jersey native and the newest member of our team! Jane went to school in New York at Ithaca College, obtaining a B.S. in Clinical Science with a Minor in Dance, as well as her Masters of Physical Therapy (M.S.P.T). She then got a Clinical Doctorate in Physical Therapy from MGH Institute of Health Professions. Jane has worked in orthopedics for over ten years and is board certified in orthopedics and canine physical therapy! Jane enjoys exploring the great outdoors and natural beauty that Wyoming has to offer with her husband, Arnold, and fur babies.



Happy 20th Birthday, Teton!

Teton Therapy began in Riverton, Wyoming in January of 2001. Jeff McMenemy, CEO and occupational therapist, wanted to start a private therapy practice to provide new, innovative services to people in Wyoming. He opened his first office in a small, remodeled garage. That led to 4 other clinics spanning the state! Jeff believes it is important to provide high quality care for faster, more effective treatment results.

For 20 years, we have reached and successfully worked with thousands of Wyoming residents! We are 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!