



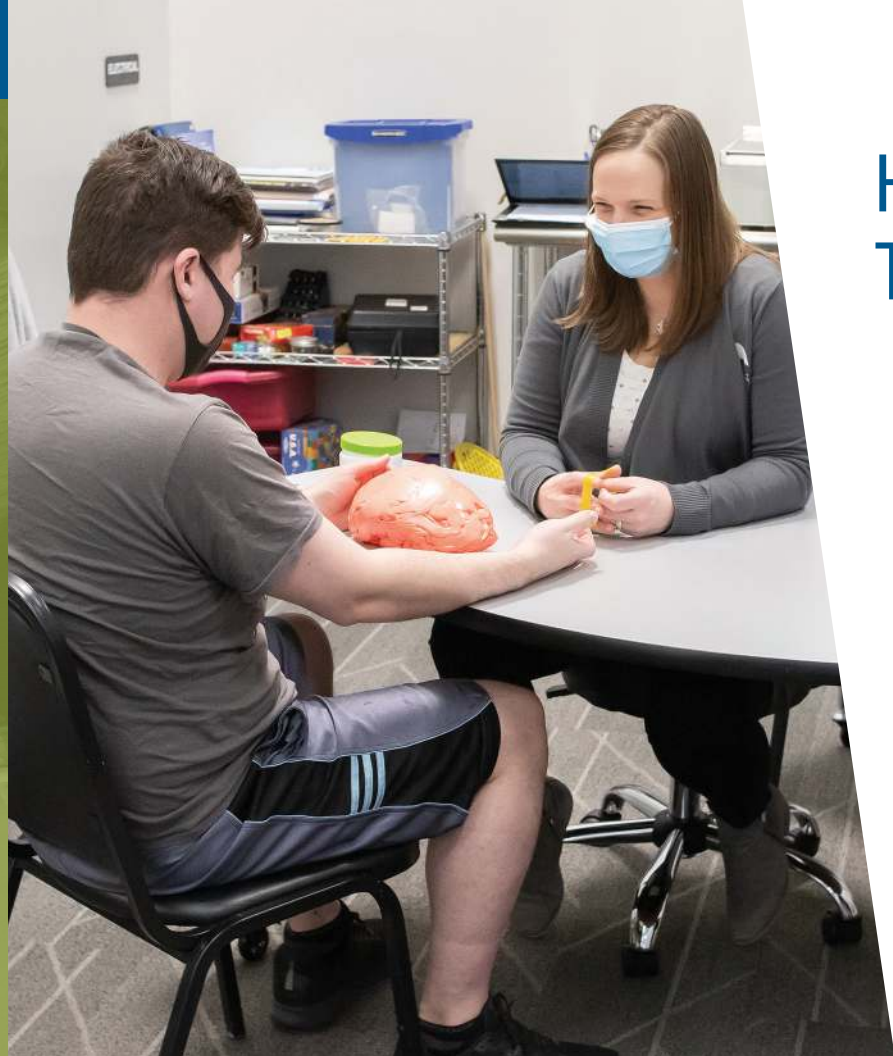
A Monthly Newsletter
Focused On Health,
Movement & Wellness

Therapy NEWS

LIVE LIFE PAIN FREE

APRIL 2021

TETON
THERAPY



Happy Occupational Therapy Month!

Every April, Teton Therapy celebrates OT Month in honor of the unique and amazing profession we offer to our communities! OT combines art, science, and creativity to transform lives. Occupational therapists and occupational therapy assistants help people get back to the activities of daily living. Want to get back to fishing or hunting after an injury or illness? Does your child need a little extra help focusing or with social interactions? Come see one of our occupational therapists today! Thank you to all OT professionals who work each and every day to make the world a better, more accessible place for us all.

WE OFFER FREE CONSULTATIONS
 Like us on Facebook
 Visit us at tetontherapypc.com

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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
 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.

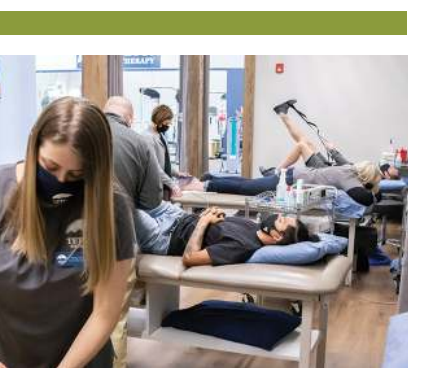
Vea PHOTOGRAPHY 307-840-9440
 www.veaphotography.com
 Cheyenne, Wyoming Business and Family Photographer
 Thank you, Vea Photography for our photography needs!



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



Free Consultation

Our consultation consists of a 30-minute, one-on-one appointment with the Physical or Occupational Therapist of your choice. During your appointment, our medical professionals will talk with you about the history of your problem, the pain you may be experiencing, or any questions you may have. After a thorough exam, they will give you a written copy of the cause of your pain or problem and a plan for successful treatment!

Exercise Essentials

HELPS RELIEVE WRIST PAIN

Wrist Extension Stretch

Begin in a standing position with one arm in front of your body, palm facing the ceiling. With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight. You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch. Repeat this 3 times, holding for 10 seconds each.

Wrist Flexion Stretch

Begin in a standing upright position with one arm in front of your body, palm facing the floor. With your other hand, bend your wrist downward until you feel a stretch. Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch. Repeat this 3 times, holding for 10 seconds each.



Wrist Extension Stretch



Wrist Flexion Stretch

*Please check with one of our Doctors of Physical Therapy and/or Occupational Therapists 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!

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



Doctor's Note

Custom Splints for Hand, Wrist, and Elbow Pain

Our occupational therapists are trained to fabricate custom splints for patients with a variety of hand, wrist, and elbow issues! Custom splints are molded to fit on hands, wrists, and/or elbows perfectly with the patient's input to relieve pain, stabilize joints, and protect vulnerable tissues. These splints are thoughtfully designed and carefully constructed with the patient's daily activities in mind! Since they are made in-house, our OT's can adjust the splints at any time. Each patient is unique in the things that they do and the injury they are experiencing, and no two custom splints should be the same.

CONDITIONS TREATED BY CUSTOM SPLINTING

Custom splints can be used for many conditions. They can be used in arthritis or hypermobility syndrome. This helps position a joint and prevent further joint damage by protecting the joint during functional activities. For carpal tunnel or cubital tunnel



STAFF PROFILE

KEELY TATRO

Occupational Therapist, Lander Clinic

Keely is our spectacular occupational therapist in Lander! She came to Teton Therapy from Houston, Texas, but originates from Omaha, Nebraska. Keely participated in Track and Field at Wayne State College in Wayne, Nebraska. She then transferred and got her Masters of Occupational Therapy from College of Saint Mary (CSM) in Omaha, Nebraska in 2013. In her spare time, Keely enjoys weightlifting, baking, exploring the outdoors, traveling, and hiking with her husband and pups!

RICHARD H. CHEYENNE PATIENT

"I came to Teton Therapy with a shoulder injury. I was having problems sleeping because of the pain. After working with Jacqui, I am sleeping throughout the night and the pain is not nearly as bad. My range of motion has also improved. I love coming to Teton Therapy! The environment is so encouraging, uplifting, and motivating. You can tell everyone loves their job by their laughter and the teamwork they exhibit with each other. They are the BEST!"

SUCCESS STORY



syndromes, they can be used to prevent patients from sleeping in a specific position and causing nerve compression (flexed elbows or wrists). For tennis elbow (lateral epicondylitis), it can be used to rest the wrist and finger extensors. Doing this allows the tendon to heal and decrease inflammation. Post-surgery splints can be used to protect a tendon or ligament repair until it heals, and therapy can be progressed. Our splints can even be used to improve range of motion over time and even restore function with a peripheral nerve palsy!

TYPES OF SPLINTS

Immobilization splints are used for many reasons, including symptom relief, protecting, and positioning the limb for edema or after fracture or surgery, maintaining tissue length, and helping to aid maximal functional use of the affected limb.

Mobilization splints are fabricated to assist with elongating soft tissue contracture and adhesions, increase passive joint ROM, realign/maintain joints and ligaments, and substitute for weak or absent motion.



Restriction splints are primarily used to limit joint mobility, often after nerve injury or repair, tendon injury or repair, bone/ligament injury or repair.

Good communication with the therapist regarding your desires and requirements of splinting will assist this process greatly and ensure excellent patient outcomes!

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