



820 W. Main Street  
Riverton, WY 82501  
307-857-7074

1507 Stillwater Ave, Ste A  
Cheyenne, WY 82009  
307-514-9999

425 Lincoln Street  
Lander, WY 82520  
307-332-2230

727 E. Brundage Lane, Ste L  
Sheridan, WY 82801  
307-683-0123

[tetontherapypc.com](http://tetontherapypc.com)



"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."

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



### AUGUST: IN THIS ISSUE

- Dementia Friendly Lander
- Free "Tune Ups" at Teton
- Neurological Diagnosis? We can help.

# TETON THERAPY

*Pain Isn't Fun—But We Are!*



## SUCCESS STORY

“Because of Brian, I can walk on my own, and without my ‘sticks’ (canes).”



**JOE K.**  
[ Sheridan patient ]

"Before physical therapy, I suffered from chronic low back pain for years. I had to use a walker and it was really hard for me to take care of my animals.

Therapy has helped me 100%. It has improved everything. Because of Brian, I can walk on my own, and without my ‘sticks’ (canes). I can rotate my neck better, and my back is less stiff. Most importantly, I can take care of my horses, dogs, and cats. I couldn't have done it without Teton."

### SCHEDULE A FREE CONSULTATION TODAY

**RIVERTON** 307-857-7074    **CHEYENNE** 307-514-9999  
**LANDER** 307-332-2230    **SHERIDAN** 307-683-0123



### PASS IT ON!

Pass along this newsletter to someone you know who is suffering with pain or refer them to Teton Therapy. Give the gift of health!

Like us on Facebook

Visit us at [tetontherapypc.com](http://tetontherapypc.com)





## IN THE COMMUNITY

### Making Lander “Dementia Friendly”

With support and encouragement from Teton Therapy, Frontier Home Health, and Dementia Friendly Wyoming, the Dementia Friendly Lander team wants to help make Lander a community that is better able to identify, embrace, and support those living with dementia and their care partners.

The “DFL” team will assess Lander businesses and organizations to determine what is needed to build a dementia friendly community.

From there, we will educate various community sectors to build an understanding of what dementia is, how it affects people, and how we can make a positive difference in their lives.

Our goal is to create spaces and opportunities that are inviting, supportive, and safe for those living with dementia. The Dementia Friendly Lander initiative will enhance support for those living with dementia and their care partners by providing physical and emotional skill set training to the community and family caregivers.

Our hope is that through community outreach and education, we can help those living with dementia can help those living with dementia continue to live fulfilling lives.

To learn more about the Dementia Friendly Lander initiative, contact Ariel Bernath at (307) 332-2230.

## LOOK FOR US Bike MS: Bighorn Country Class

Catch us cheering for the bikers participating in Bike MS in Sheridan, August 10-11. These remarkable bikers will bike 80 miles each day. That’s 160 miles total. One hundred and sixty miles! And it’s all to raise money to end Multiple Sclerosis. Now that’s what we call grit and dedication.

 Like us on Facebook

For more helpful health tips visit us at [tetontherapypc.com](http://tetontherapypc.com)



## STAFF PROFILE

### Julie Noakes

Front Desk Representative, Cheyenne clinic

Julie Noakes is the friendly face you see when walking through the doors of our Teton Therapy office in Cheyenne. Prior to joining the Teton Therapy team as the front desk representative, Julie worked in the healthcare field as a Medical Assistant where her greatest satisfaction was found in helping others. Away from the office, she treasures spending time with family & friends, reading good books, going on bike rides, long walks and any activity that includes her favorite cuddly, canine companion!

## DOCTORS'S NOTE

### Neurological Diagnosis? We Can Help!

The brain, spinal cord, and nerves make up the nervous system. The nervous system helps control the workings of the body, allowing you to speak, move, swallow, learn, or even breath. If something goes wrong with a part of the nervous system, any of those functions could be harmed and can result in tremendous changes in an individual’s lifestyle. Teton Therapy’s therapists help assess impairments such as a decrease in strength, motion, difficulty walking, communicating, and issues with balance. The process can be complex, sometimes scary, and often changes over time. The relationship patients build their therapists help build confidence, lessen fears, and support the patient in their long-term progress and goals. A therapy program can also help patients train with assistance devices and wheelchairs. Physical and occupational therapists collaborate with patients and their family members on larger goals and lifelong skills.



Teton Therapy's physical and occupational therapists can help people with the following conditions: **brain injury, paraplegia, Parkinson’s Disease, Multiple Sclerosis, stroke, and more.**



## TIP OF THE MONTH GIVE YOUR BODY THE “TUNE-UP” IT DESERVES

You check your vehicle’s oil, inspect the tires, and do maintenance checks to avoid breaking down. Why wouldn’t you do the same for your body? At Teton Therapy, we provide care for a wide range of diagnoses, injuries, and conditions. Our physical therapy and occupational therapy services are customized to match your comfort and abilities to reduce pain and restore normal function, getting your body back on the road!

Come in for your free “tune-up” today

