



A Monthly Newsletter
 Focused On Health,
 Movement & Wellness

Therapy NEWS

MARCH 2021
 LIVE LIFE PAIN FREE.



Tip of the Month We are the "Bees Knees!"

Suffering from knee pain? Come to Teton Therapy!
 Knee pain is a common condition (often ignored for too long) and many people experience knee pain because of arthritis or from sports injuries. We work closely with patients to evaluate the mechanics of the knees and their condition in relationship to physical condition and performance. Limitations in movement and strength can dramatically affect the way knees function, causing increased pressure and pain. Teton Therapy helps patients recover from knee surgery and in some cases, prevent surgery. Sign up for a free consultation to learn more about our specialized programs for alleviating knee pain!

WE OFFER FREE CONSULTATIONS
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 Visit us at tetontherapypc.com

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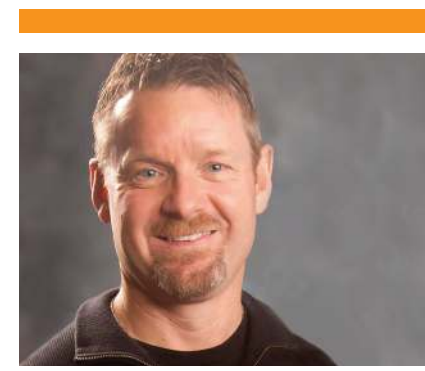
WRONG! A founding principle at Teton Therapy is that no one should have to live in pain. A free consultation with a licensed therapist will determine what course of treatment is needed. You receive 30 minutes of one-on-one time with a therapist. It's that fast and simple. **Want to learn more? Contact 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

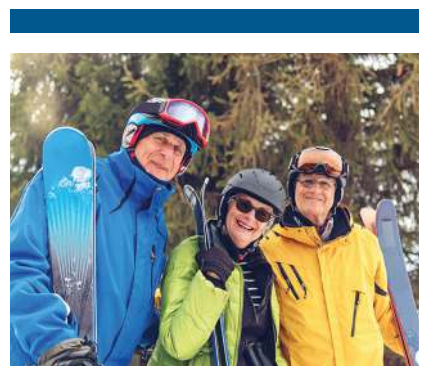
425 Lincoln Street
 Lander, WY 82520
 307-332-2230



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.

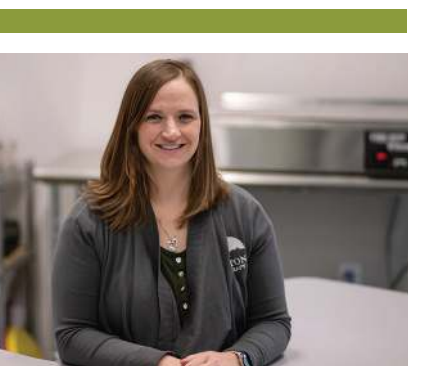
Vea PHOTOGRAPHY 307-840-9440
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 Thank you, Vea Photography for our photography needs!



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!



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

Doctor's Note

Hip, Hip Hooray! Pain Relief Is On The Way.

We have been seeing an increase in patients coming into our clinic with hip pain. A condition that can leave people with extremely limited movement, making even walking painful! This pain may radiate to the groin, buttock, or thigh. Trust Teton Therapy to fix all your hip problems.

TETON'S APPROACH

The first step is to find out what is causing the pain. We then address the root cause; this is usually done through special, in-house diagnostic testing during the evaluation. Once we know the root cause of the hip problem, we provide a customized treatment program. The program consists of techniques to help manage the pain and to strengthen and stabilize the hip joint. This is done with exercises focusing on specific muscles as determined from the evaluation. Each client with a hip condition is thoroughly assessed and given a program focused on their functional limitations and reports of symptoms.

COMMON CONDITIONS & SYMPTOMS

The most common conditions of the hip joints that we treat are arthritis, weakness, instability of the hip, post-surgical strengthening, and stabilization techniques of the hip. Symptoms include difficulty walking, standing, sitting, and/or maintaining a static position. There is also pain within the hip joint and decreased stability during both stationary and dynamic activities.

SERVICES WE PROVIDE

- Cupping
- Dry needling
- Ultrasound
- Strengthening programs
- Myofascial release
- Soft tissue mobilizations

***Each patient is treated based upon the symptoms and needs for the given condition.**

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



If you stabilize the hip and strengthen the hip you will decrease the amount of force on the joint which results in less need for surgical procedures to correct for hip pathologies. The hip's purpose is to provide stabilization to the body during walking, standing, and sitting. If you can stabilize the muscles surrounding the hip the longevity of the hip increases substantially and there is significantly less need for surgical interventions! Call any of our locations for a **FREE** consultation to see how we can help reduce pain and restore normal function.

Exercise Essentials

HELPS RELIEVE CALF PAIN

Standing Calf Stretch

Begin in a standing upright position with your hands resting on a chair or counter. Step one leg straight backward, bending your front leg until you feel a stretch in the calf of your back leg and hold. Make sure to keep your heels on the ground and your back leg straight during the stretch. This exercise helps to stretch the back of the knees where the calf muscles originate which stiffen up with a lot of sitting and calf raises. **Repeat this 3 times, holding for 30 seconds.**

**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!*



SUSAN B. RIVERTON PATIENT

"Physical Therapist, Lucas Bennett really pushed me to work on my flexion at every appointment. Exercises got easier as I got stronger. Relearning how to walk on my left knee was one of the biggest improvements. After 4 months of therapy, I was able to ride my horse on New Years Day! It was a wonderful feeling to be able to get on and off my horse all by myself. Thank you, Lucas, and the team at Teton Therapy for everything!"

**SUCCESS
STORY**



**STAFF
PROFILE**

BEN LARSEN

Physical Therapist & Co-Owner,
Cheyenne Clinic

Ben has a passion for helping patients and having a good time while doing it! After earning his Doctorate of Physical Therapy from the University of Mary in Bismarck, ND in 2010, Ben joined Teton Therapy in Riverton, Wyoming. He then partnered with owner, Jeff McMenemy, to open Teton Therapy in Cheyenne in September 2016. Ben loves working on his '66 Mustang, water sports, camping, competing in triathlons, and spending quality time with his wife, Shelley, and children.