

INSIDE: • Therapy for Foot & Ankle Pain • Getting Ready for Summer • We Offer Diagnostic Testing



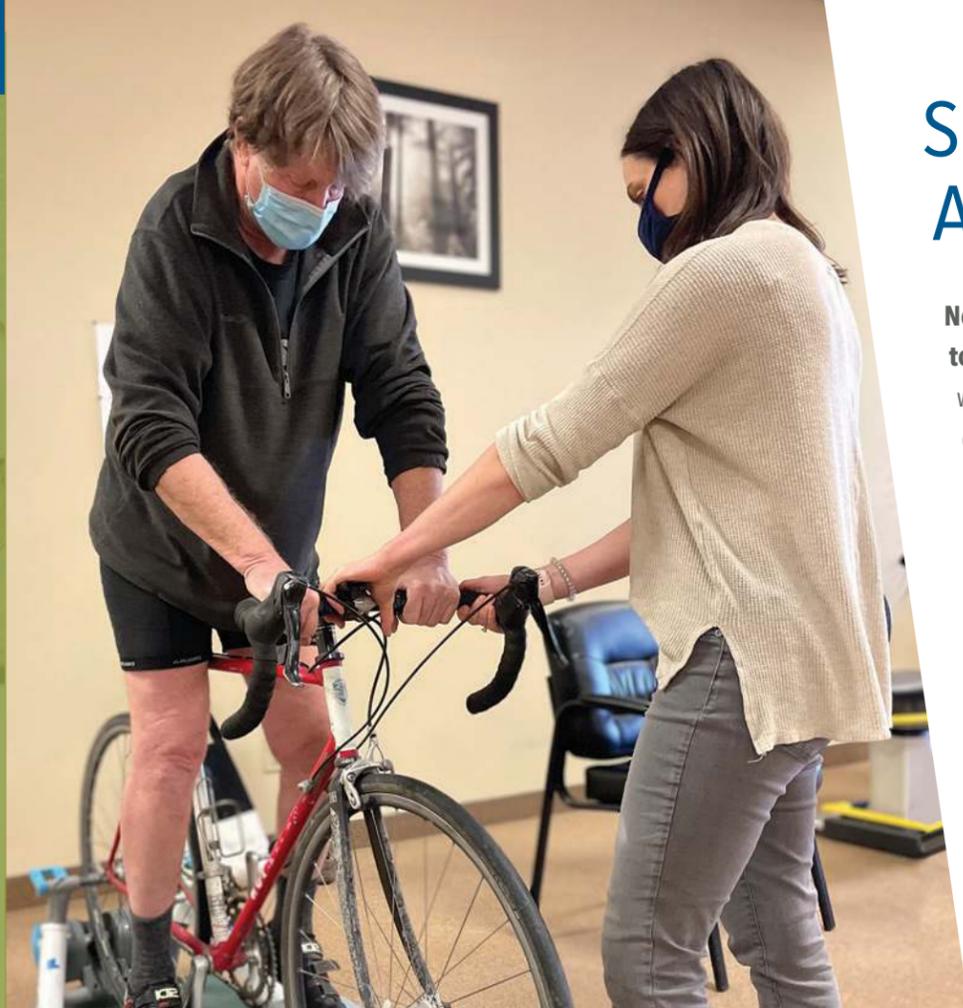
# Therapy NEWS

JUNE 2021

LIVE LIFE PAIN FREE.

A Monthly Newsletter  
Focused On Health,  
Movement & Wellness

TETON  
THERAPY



## Summer is Here! Are You Ready?

**Now that summer is finally here, you want to enjoy the great outdoors!** If the long, cold winter has left you with back pain, knee pain, or any other aches and pains, the great staff at Teton Therapy is here to help. Looking forward to summer activities? Do not let pain get in the way of this season's fun! We offer free, one-on-one consultations with the therapist of your choice. Teton's therapists can help relieve your aches and pains. NOW is the time to take care of your health!

**WE OFFER FREE CONSULTATIONS**

Like us on Facebook

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

**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 three locations to schedule your free consultation.**

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**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.



### 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!

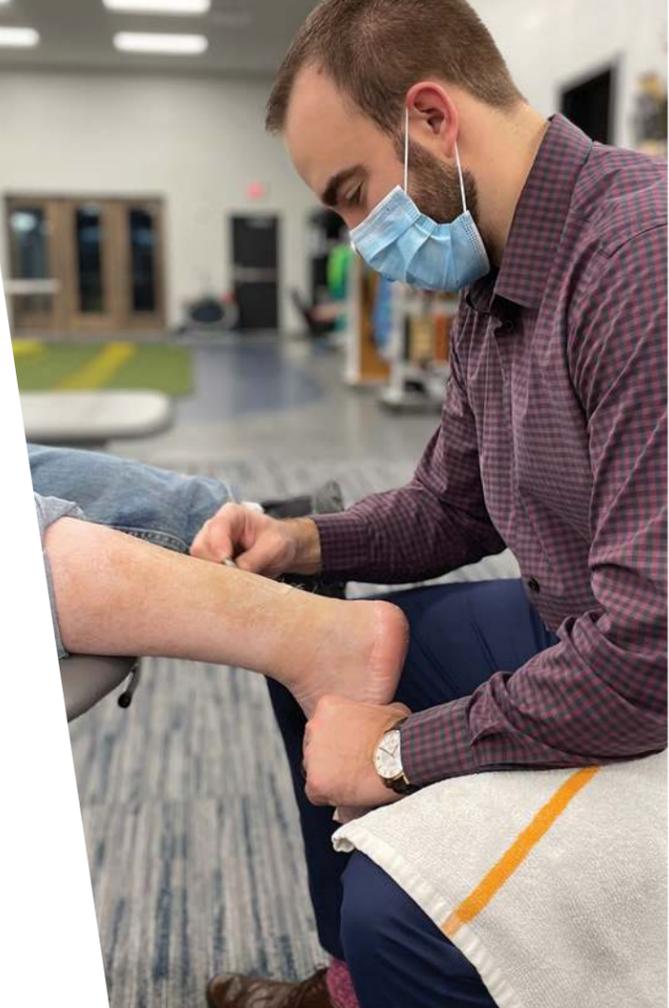
**WANT TO LIVE LIFE PAIN FREE?**  
Contact any of our **three locations** to schedule your free consultation.

## Tip of the Month

# Foot and Ankle Pain Relief

If you have a foot or ankle problem, Teton Therapy physical therapists can help you get back on your feet! If you recently had surgery, injury, or other painful or disabling foot or ankle condition, we can help. The foot and ankle are complex structures that absorb a large amount of force with every step. Following injuries, or simply with age, ligaments and other structures in the foot can change, resulting in poor or aggravated forces on the foot and ankle. With ill-fitting shoes and residual effects from prior injuries, pain can occur from poor stability, lack of mobility, or lack of strength in the stabilizing muscles.

At Teton Therapy, our physical therapy staff has years of training in evaluating the movement of your foot, ankle, and legs. We perform an analysis of your foot and ankle joints as well as the muscles in your legs. Additionally, we analyze your walking and running patterns to determine the root cause of your foot pain or ankle pain so it can be treated quickly and effectively. Take advantage of our FREE, 30-minute consultation to solve your foot and/or ankle problems!



STAFF  
PROFILE

## CARLIE WAITLEY

PTA – Cheyenne

Carlise was born and raised in Nebraska- Go Big Red! She studied physical therapy in Colby, Kansas. Carlise then moved to Cheyenne and worked in-home health care as well as in a nursing home setting before becoming a part of the Teton team. She likes taking hikes, riding horses, appreciates good cuisine, loves spending time with her dog, Zoe, and enjoys reading books in her hammock!

## KRISTI P. RIVERTON PATIENT

"I was unable to bear weight on my foot following surgery and after attending therapy, I felt stronger after a short timeframe and felt myself progress each week. My progress was improved with each session and options offered through each individual therapist. I am fully able to perform my normal activities and was encouraged to attend classes at the gym which I succeeded in accomplishing with confidence. Thank you, John, and all of the physical therapists! You really made a difference in my recovery."

SUCCESS  
STORY



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



## Doctor's Note

# Diagnostic Testing

Teton Therapy offers diagnostic testing in our Riverton, Lander, and Cheyenne clinics! We became the first therapy clinic in Wyoming to train therapists in conducting diagnostic testing. Teton invested in this technology to better pinpoint the source of a patient's pain and provide a more targeted therapy experience. We offer three types of diagnostic testing: Electromyography (EMG), Nerve Conduction Study (NCS) and Diagnostic Ultrasound. The result is better, faster care for our patients!

### DIAGNOSTIC ULTRASOUND

Think of a diagnostic ultrasound as a picture or video inside your body; it allows the therapist and patient to see joints, muscles, tendons, and bones. An ultrasound quickly looks at both sides of the body to compare differences. Diagnostic ultrasounds can assess the normality of shoulders, elbows, hands, wrists, hips, knees, ankles, and feet.

### NERVE CONDUCTION STUDY

A nerve is a structure that carries electrical impulses to and from your brain and body. A Nerve Conduction Study (NCS) tests the speed of the nerve signal to see if it is slow. Slow speed indicates a compressed or damaged nerve. For example, if a patient has pain, numbness, or tingling in their hand, it could be from a nerve compressed in the neck or in the hand. The results of this test will tell us where the damage is, which allows us to treat the proper body part.

### ELECTROMYOGRAM

An Electromyogram (EMG) tests how mild or severe the nerve damage is by testing the muscle. "Myo" means muscle and since the nerves provide power to the muscles, we can determine how damaged a nerve might be. These two tests (NCS and EMG) are always completed together and can help diagnose conditions such as nerve entrapment, neuropathy, radiculopathy, and even neurological disease processes such as Guillain-Barre, Lou Gehrig's disease, and Multiple Sclerosis. The high standards we provide with diagnostic testing can provide the most accurate data so the patient can get the help they need fast. Each of our Teton locations offers diagnostic testing. Call to set up an appointment with one of our highly trained therapists today!

## Pediatric Services

**At Teton Therapy, we treat young children to teenagers with orthopedic, neurologic, and other problems or injuries.** Children have special needs when it comes to recovering from an injury, fracture, surgery, or pain. Our staff loves working with tiny (and not-so-tiny) humans and create a long-term relationship with your child and family for an optimal, whole-picture, proactive lifestyle.



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[tetontherapy.com/tetonnews/#blog](https://tetontherapy.com/tetonnews/#blog)