

INSIDE: • Dry Needling for Headaches • Get Your FREE Tune-Up • Treating Sports Injuries

Monthly Newsletter
Focused On Health,
Movement & Wellness

LIVE LIFE PAIN FREE.

MAY 2021

Therapy NEWS

TETON
THERAPY



Is Your Check Engine Light On?

You tune up your car to keep it running smoothly. You check your oil and tire pressure, and when that "check engine" light comes on, you take it to the mechanic. A tune-up on your body is just as important! Take advantage of our FREE consultation to learn how the experts at Teton Therapy can help relieve your pain. If you are having aches and pains, do not ignore them! NOW is the time to take care of your health. Give Teton Therapy a call today for a FREE tune-up.

WE OFFER FREE CONSULTATIONS

Like us on Facebook
Visit us at tetontherapypc.com

Nothing is free anymore, right?

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.

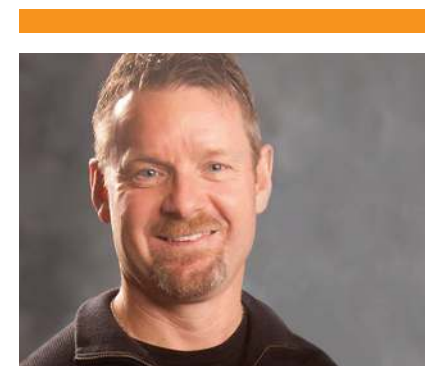
WE OFFER FREE CONSULTATIONS

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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
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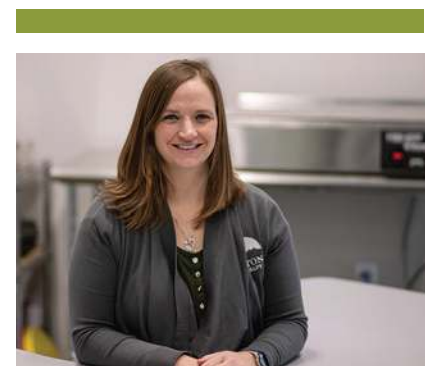
Our goal at Teton Therapy is to give you the results you want in a friendly, family-like atmosphere. Your time and trust are valuable and we are dedicated to helping you live a fuller, happier life.



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.



Doctor's Note

Alleviate Headaches With Dry Needling

We have all been there before. We wake up, go to work, go visit friends and family, all while suffering from a headache. We take ibuprofen and try other short-term solutions, but that headache always seems to come right back.

Headaches are frustrating to manage and one of the most common physical complaints. Did you know that headaches and migraines are often triggered by an underlying neck problem? They are frequently caused by stiff muscles, tight joints, and poor posture. Many patients who come to Teton with neck symptoms will also report frequent headaches, unaware that the two may be connected.

There are great solutions for almost every type of headache. One treatment our therapists can use is called "dry needling." For those who have never had dry needling done, it is a technique that clinicians use to provide relief to tight muscles. Dry needling helps relieve headaches by reducing muscle tension, improving pain control, and releasing trigger points. The best part is... our therapists are certified to do dry needling in each of our clinics!

THE PROCESS. Clinicians push thin, solid needles through the skin to get to trigger points (trigger points = knotted areas in muscles). The needles stimulate the tissue and can provide relief for pain or tightness. Dry needling is typically one part of an overall physical or occupational therapy plan, alongside exercise, manual therapy, and education. It can help increase range of motion, as well as help with tendinitis, migraines or headaches, whiplash, and more.

Alleviating a headache with physical therapy is extremely effective and can help provide quick relief. Put down that bottle of ibuprofen, stop rubbing those temples, and call Teton Therapy to schedule your free consultation. The only thing you have to lose are those headaches! Want to learn more about the benefits and uses of dry needling? Call any of our three locations.

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

Sports Injuries



Our physical therapy experts have years of experience helping people rehabilitate after injuries and return to the activities they enjoy. What some people might not know is that physical therapists can help put a specific exercise plan together based on your needs to prevent injury. If you do start to experience pain with activities, we can get you back to enjoying your activities, pain-free.

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

Tip of the Month

Golfer's Elbow: Not Just For Golfers

Improve your golf score by improving your strength and mobility with occupational therapy! For most recreational golfers in Wyoming, this time of year ends up being relatively slow. The perfect time to focus on the fitness portion of your game! At Teton, we have therapists specializing in orthopedics and sports performance.

Golfer's elbow, also known as medial epicondylitis, is tendonitis or inflammation of the wrist flexor muscles that attach to the inside of the elbow. It is caused by overuse. Treatments for Golfer's Elbow include splinting, rest of the wrist flexors, inflammation control, reducing tissue restriction, and improving strength.

The elbow is a particularly important joint. Without a functional elbow, you cannot feed yourself, comb your hair, drive, or perform a whole host of other daily functions. Dysfunction in the elbow can result in decreased range of motion, pain, weakness, and associated functional limitations. The elbow is most susceptible to overuse syndromes such as tennis elbow and golfer's elbow and is also commonly an area of nerve compression. Schedule an appointment at Teton to refine your swing and lower that handicap - earning bragging rights on the golf course!



LEAH C. CHEYENNE PATIENT

"I came to Teton to relieve back pain. Since my treatment has started, I have been able to do a lot more everyday activities with less pain. I have also been able to sleep better at night and walk around more without discomfort. The therapists at Teton have all been very professional and kind. When I leave my therapy appointments, I feel more energized for the rest of the day! Thank you for everything."

**SUCCESS
STORY**



**STAFF
PROFILE**

ZACHARY SCHALLER

OT - RivertonClinic

Zac was born and raised in Lancaster, Pennsylvania, where he grew up loving sports and the great outdoors! He attended Saint Francis University, in Loretto, Pennsylvania, where he received his Master of occupational therapy degree in 2020. In his free time, Zachary enjoys soccer, volleyball, exploring the outdoors, skiing, exercising, and spending time with his family, and his dog, Queso.