



A Monthly Newsletter  
 Focused On Health,  
 Movement & Wellness

# Therapy NEWS

LIVE LIFE PAIN FREE.

JULY 2021

TETON  
 THERAPY



## We Put The “Fun” in Functional!

**Teton strives to be a fun clinic for our patients, but we also do so much more than that!** Our patients know that when they come to us, they will be taken care of on their road to recovery. There is no way of knowing when a work-related injury, freak accident, or any physical health concern could restrict your lifestyle, making you a candidate for physical therapy. Whatever the reason for your rehab needs, we are here to help! Each staff member is driven and excited to help you achieve your goals.

**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.](#)

**Wait, what? FREE Consultations? Nothing is free anymore, right?**

Like us on Facebook | Visit us at [tetontherapypc.com](http://tetontherapypc.com)

**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

# How Much Exercise Do You Really Need?

Regular physical activity is one of the most important things people can do to improve their health. According to the US Secretary of Health & Human Services, about half of all American adults – 117 million people – have one or more preventable chronic diseases. Seventy percent of chronic diseases are improved by regular physical activity. Consistent physical activity in the proper amounts and proper intensity levels can help improve sleep, boost mood, sharpen focus, reduce stress, control blood pressure, and lower the risk of diseases such as type 2 diabetes and some cancers.

### So how much exercise do you really need to reap these health benefits?

**Adults:** At least 150 to 300 minutes per week of moderate-intensity aerobic activity, along with at least 2 days per week of muscle-strengthening activities.

**Kids & Teens ages 6-17:** 60 minutes of moderate-intensity aerobic activity daily, while stepping it up to vigorous intensity 3 days a week. This should include muscle-strengthening exercises like climbing or swinging on the monkey bars, as well as bone-strengthening activities like running, jumping, and other weight-bearing activities.

Getting exercise can be easier than you think! Consider that lawn work, house cleaning, dog walking, gardening, playing jump rope with the kids, or even dancing, can be great ways to get those minutes in, all while improving your overall health.



STAFF  
PROFILE

## JOHN REDDON

Physical Therapist — Riverton Clinic

John Reddon, a Riverton native, is our Clinical Director in the Riverton clinic and has been a member of Teton Therapy since 2018! He received his Doctorate in Physical Therapy from the University of Mary in Bismarck, ND. John has a passion for sports related injuries and is currently in a residency program to receive his ECS (Electrophysiologic Certified Specialist). He enjoys spending his time in the mountains with his wife, Perry.

**P.S – They are expecting their first child this December!!**

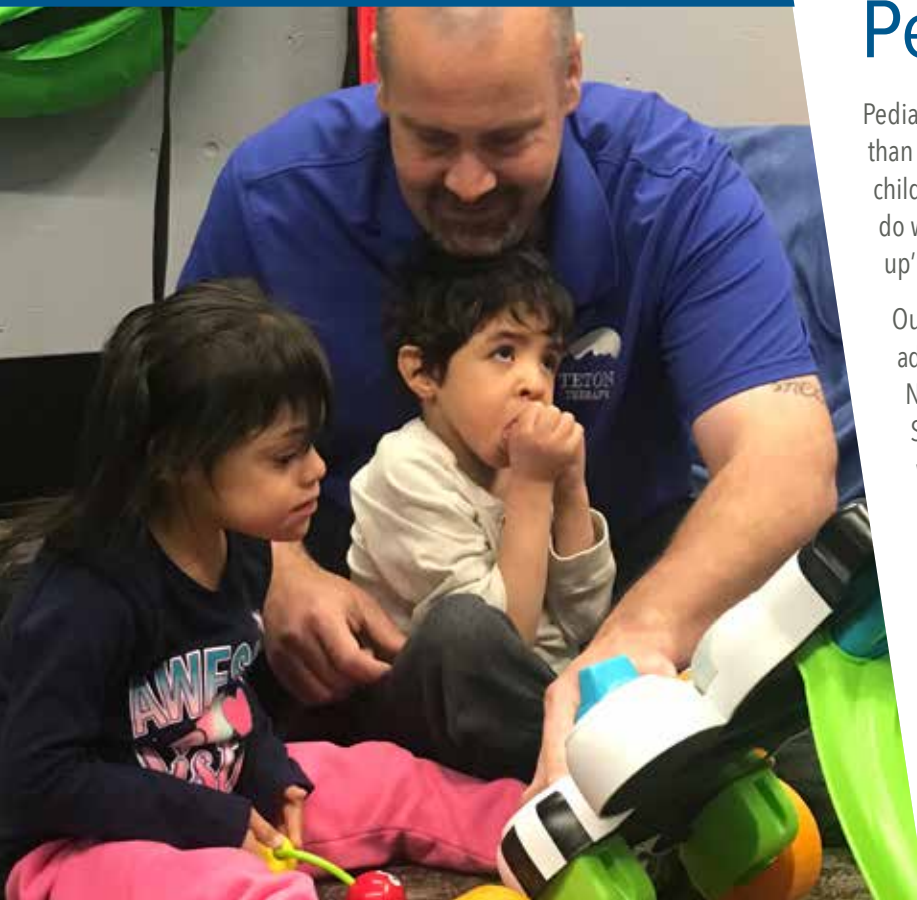
## ANDREA C. CHEYENNE PATIENT

"After 16 sessions of physical therapy, I am feeling so much stronger and just feeling better overall. Special appreciation to Jake, Whitney, and Zach! I feel like I have made some new friends – they are not only very competent but caring, nice, fun, young people. The entire staff has been really helpful and patient with me. Thank you, Teton Therapy!"

SUCCESS  
STORY



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



## Doctor's Note

# Pediatric Therapy—It's More Than Fun & Games!

Pediatric therapy looks like fun and games to most, but it is much more than that! Pediatric therapy targets specific developmental goals for each child through play or specified activities they are interested in! Not only do we help children with developmental delays that just need to 'catch up' with their peers, but we also specialize in developmental disabilities.

Our therapists have years of experience in therapies for children and adolescents with conditions such as Cerebral Palsy- of all levels of GMFCS, Neurofibromatosis, Downs Syndrome, Williams Syndrome, CHARGE Syndrome, Spina Bifida, Autism (all levels), as well as individuals with visual and/or hearing impairments with mobility deficits.

How do we specialize treatment for your child?

**Communication Aids.** AAC boards, picture communication/choices, First/Then boards and schedule boards for their therapy session, simple Sign Language, etc.

### **Wheelchair or Positioning Equipment Assistance.**

Including sizing and measurements for new equipment, working with current providers, suggestions for positioning equipment for home or travel.

**Family Education.** Helps with child's independence or family management of mobility.

**Games and Toys/Equipment.** Age appropriate and skill appropriate for your child; to keep them engaged and therapy FUN vs. work!

**Flexible Schedules.** We work around school, other therapies, and parent work responsibilities.

**Team Approach!** Maybe your child receives other therapies and schools as well, we can coordinate with them to make sure we are all working together to progress your child.

**Other Services.** Orthotics, wheelchairs, seating systems, standers, walkers, Iofstrand crutches, communication boards, ASL (simple), PECS, versed in IEP's and IFSP's.

**Equipment in Wyoming:** Frontier Access and Mobility, NuMotion, Anna Maria Weston Therapeutic Equipment Lending Library(WLRC), Wyoming Assistive Technology Resources (WATR)

If your child is having trouble in school, problems developing social bonds, or issues with following directions, the OT staff at Teton Therapy can help! Teton Therapy's offices in Riverton, Lander, and Cheyenne offer free 30-minute consultations. Call or stop in to schedule a no-strings-attached consultation with us to help your child reach their full potential.



▶ **READ MORE AT**  
[tetontherapy.com/tetonnews/#blog](https://tetontherapy.com/tetonnews/#blog)