



We understand, life is busy! With jobs, kids, and other hobbies, it can be difficult to make time in the day for your home exercise program. By doing your exercises, you will get faster and better results in your therapy, thus saving you time and money! Keep a schedule or set an alarm when you know you are generally free, which is usually right in the morning and/or nighttime. Most home exercises don't exceed 15 minutes, making it easy to get done at the office or while watching your favorite TV show!

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WE OFFER FREE CONSULTATIONS

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



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

 **WANT TO LIVE LIFE PAIN FREE?**
Contact any of our three locations to schedule your 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 **Dry Needling**, schedule a **FREE 30-minute consultation** today at any of our Teton locations!

Tip of the Month

Tips for Relieving Sciatica Pain

Do you have back pain or sciatica? In a study reported in the journal Orthopedics, 650 people were examined for low back pain or sciatica. About 25% had reported an episode of sciatica in the past 6 months of the study. This shows how common sciatica really is! Sciatica is a term used to describe pain in the buttock or radiating down the leg that is caused by irritation to the sciatic nerve. There are many causes of back pain that can radiate pain down the leg, such as a herniated disc. However, true sciatica is specific to the sciatic nerve being irritated or compressed. This can occur in the back or in the buttock.

What can be done to help sciatica?

- Change your position frequently.
- Do not sit for long periods.
- Improve your hip mobility and strength.
- Get help from an expert.
- Increase your spine flexibility safely.

Physical therapy is the first line of natural treatment to a successful recovery. Discover how our back and neck program can give you the quick relief you deserve without the need for pills. Call us today to speak with one of our specialists about your sciatica or back pain.



Doctor's Note

Treating Bell's Palsy

Bell's Palsy is a condition causing sudden paralysis to the peripheral nerves that control our facial muscles, and commonly affects one side of the face. Physical therapy helps to increase muscle strength and to regain facial coordination from this temporary facial paralysis. Our team of highly trained physical therapists help educate patients on how to handle facial paralysis, with daily activities, and may include modifications for eating and drinking. Bell's Palsy patients have found being in physical therapy treatments on a consistent basis greatly improves their recovery and keeps them from backsliding. A person suffering from Bell's Palsy may experience any one of the following symptoms:

- Sudden weakness
- Drooping of the face
- Drooling
- Difficulty moving the lips
- Sudden weakness
- Inability to close the eye
- Teariness or dryness in the eye
- Pain in the ear or eye
- Sensitivity to sound
- Loss of the sense of taste

While the cause of Bell's Palsy is unknown, it usually occurs from inflammation of the facial nerve or cranial nerve 7. Bell's Palsy can be associated with the following conditions:

- Diabetes
- Trauma to the face
- Lyme Disease
- Sarcoidosis
- Multiple Sclerosis
- High blood pressure
- Toxins
- Guillane-Barre Syndrome
- Myasthenia Gravis
- Infection

While 70-94% of patients recover within 6 months after the initial paralysis, up to 30% of patients do not make a full recovery of symptoms. Physical therapy takes in the medical history of the patient and will allow the therapist to get a baseline when treatment starts. Due to muscle spasms and pain that may occur, the therapist may utilize dry needling, soft-tissue massage, and myofascial release to help with these symptoms. The goal is to improve facial muscle strength, coordination, and function.



Physical therapy is one of the ideal treatments for helping people with Bell's Palsy. Not only do we help regain facial coordination, but we improve muscle strength and show our patients what to do to improve recovery. For questions on how we can help you or a family member with Bell's Palsy, call our offices in Riverton, Lander, and Cheyenne. We offer free 30-minute consultations!

[READ MORE AT
tetontherapypc.com/tetonnews/#blog](https://tetontherapypc.com/tetonnews/#blog)

ANDY P.

LANDER PATIENT

"After being treated at Teton Therapy, I can do a lot of things I was unable to do before coming to therapy. I can commute 25 miles on my bike, put on socks and shoes with laces, overhead serve in tennis, turn over in bed, reach back to close my truck door, perform my sun salutation yoga poses, and I am getting that last drop of Prosecco from the long-stemmed glasses!"

SUCCESS
STORY



STAFF
PROFILE

SHEA BOYLE

Physical Therapy Assistant — Riverton Clinic

Shea is our wonderful Physical Therapist Assistant (PTA) in Lander! She has 11 years of experience as a PTA in both outpatient and rehab/skilled nursing. Shea is from Evanston and went to the University of Wyoming with a bachelors in Kinesiology and Health Promotion, receiving her PTA degree from LCCC in Cheyenne. She has also been a high school diving coach in Lander for 16 years! Shea and her husband, Scott, are adventurous and active and love taking full advantage of the lifestyle that Wyoming has to offer.