



Monthly Newsletter
 Focused On Health,
 Movement & Wellness

Therapy NEWS

OCTOBER 2021

TETON
 THERAPY



Happy Physical Therapy Month!

October is here, and you know what that means?

It's Physical Therapy Month! Celebrate this special month by thanking the professionals who are dedicated to promoting health and wellness within the Wyoming communities. This October is a great opportunity to help promote the healthy, safe, and effective benefits of physical therapy. With more patients taking opioids for pain management, there's never been a better time to discuss the importance of a healthy lifestyle and safe pain management. Across the world, PT's are improving the health, mobility, and quality of life for countless people. Thank a physical therapist today!

WE OFFER FREE CONSULTATIONS

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Visit us at tetontherapypc.com

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WE OFFER FREE CONSULTATIONS

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?



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

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



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!



Doctor's Note

Get Relief from Plantar Fasciitis

Don't make the mistake of waiting too long when it comes to getting help for foot pain! Physical therapy can not only ease the immediate pain of plantar fasciitis, but improve the condition itself.

What is Plantar Fasciitis?

The plantar fascia runs from the ball of your foot to the heel, and is fairly wide. This band of tissues may cause pain throughout much of the lower foot, or it can happen in specific areas. Wear and tear of the plantar fascia tissues is the main cause of inflammation and irritation.

People in their 40's and older are more likely to feel arch and heel pain, because the tissues begin to wear down and tear more easily. Athletes who put a lot of stress on their feet – especially runners, dancers and basketball players – can experience early onset plantar fascia. People whose jobs require long hours of standing, or those who are overweight, are also susceptible.

The symptoms of plantar fasciitis may include:

- A stabbing sensation near the heel.
- Aching or tightness along the arch.
- Pain that "attacks" as soon as you get out of bed in the morning, or if you've been sitting for some time.
- Foot pain that sets in after a workout, rather than during.

Treatment Plan

One of the earliest things a physical therapist will do is help eliminate habits that a patient may be doing without realizing they add to the problem. How you walk or stand or even sit may contribute to tissue tear. Modifying these actions not only increases comfort while you're suffering, but helps heal the condition itself.

Your physical therapist can also determine whether night splints, shoe inserts and corrective footwear can help your specific condition. Splints are useful for re-aligning toes and ankles, while specialized daytime footwear relieves stress on your lower foot. Physical therapists focus on stretching movements. You will learn how to increase flexibility in your plantar fascia and ankles.



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

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

Tip of the Month

Feeling Dizzy? Try Physical Therapy.

Dizziness can be caused by a variety of conditions, but usually occurs from poor perception in the joints or muscles combined with visual tracking problems and inner ear coordination. When the brain receives all these mixed signals, it becomes confused and you feel dizzy.

Vertigo is a spinning sensation that typically occurs because of problems between the visual tracking and balance systems in the inner ear.

Our staff at Teton Therapy can help you feel more in control, and in some cases can achieve instant results with specialized procedures. In other cases, balance and coordination training can diminish your symptoms and allow you to move without dizziness or vertigo.

Our staff has years of training in movement and balance analysis. We'll evaluate your leg strength, movement, balance reflexes, and more to determine exactly where your balance problem lies. Then, we'll create a complete treatment plan and train you on what you can do to maintain that improvement. Get relief from vertigo or dizziness today by visiting the experts at Teton Therapy!



MARALYNE M. LANDER PATIENT

"There's no reason to guess about what's going on beneath the surface. Avid fishermen invest in "fish finders" to see what's under the water's surface and Teton Therapy has made the investment in specialized diagnostic equipment to find the cause of pain. Keely Tatro is amazing and performs diagnostic ultrasound. She explains what the imaging shows and sets your mind at ease having identified the source of pain and outlines a positive course of action."

SUCCESS
STORY



STAFF
PROFILE

SARAH FLATT

Physical Therapist — Riverton Clinic

"We scored when Sarah joined Teton Therapy after spending her eight-week clinical rotation as a physical therapy student with us! Sarah graduated from University of Mary in Bismarck, ND, in 2015 with her Doctorate of Physical Therapy. She was born and raised in Casper and graduated from Kelly Walsh High School. She was a star soccer player and attended two years at Laramie County Community College on a soccer scholarship. Sarah enjoys spending time with her family, friends, and the great outdoors!"