



A Monthly Newsletter
 Focused On Health,
 Movement & Wellness

Therapy NEWS

LIVE LIFE PAIN FREE.

SEPTEMBER 2021



Get Stronger and Healthier!

Our therapy professionals are the medical experts in the muscle and skeletal systems of the body! Whether your pain is from your back, neck, shoulders, or legs, we perform a thorough analysis of your posture, movement, and strength. This allows us to pinpoint exactly what is causing your pain. Only then, can an effective treatment plan be made to obtain the fastest results. Visit Teton Therapy today to relieve pain and get back to the activities you love! A stronger core means a healthier you.

WE OFFER FREE CONSULTATIONS

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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!

Tip of the Month

Make Physical Therapy Part of Your Hunting Checklist!

With the changing of the weather comes the realization that the hunting season is upon us. Most hunters have a hunting checklist to prepare for the hunt, but is your body part of that checklist? With the intensity of hunting, ensuring your body is prepared will lessen the chance of injuring yourself in the backcountry while filling that tag!

Are you having arm or shoulder pain? Your arms and shoulders are pretty darn important when it comes to hunting. How else are you going to pick up that rifle and take steady aim at your animal?

Is your neck or back hurting? That will prevent you from doing most things in life comfortably, let alone shooting, dressing, and hauling a large animal.

What about your legs, feet, and/or ankles? If you plan on hiking to get to your animal, it's crucial to have strong and capable lower extremities (legs, feet, and ankles).

Whether you're out for an antelope, deer, or elk, it's important to be pain-free so you can fully enjoy your hunting experience! Don't hesitate...it's that time of year! Come see us before your next hunt and we will help you get your physical checklist going.



STAFF PROFILE

DON SCOTT

Certified Occupational Therapist Assistant
Riverton Clinic

Meet Don! He began his medical career enlisting in the U.S. Army as a Combat Medic in 2005 and deployed for 15 months to Iraq. After his tour, Don re-classified into occupational therapy. He worked as a COTA in Landstuhl, Germany, and El Paso, Texas, before joining the Teton Therapy family! When he isn't making his patients and coworkers laugh at the office, he's likely heading out Wyoming-style: hunting, fishing, camping, and spending time with his wife and children.

LYNN G.
RIVERTON
PATIENT

SUCCESS STORY

"Thank you, Teton Therapy, for your professionalism and caring approach during my therapy. The welcoming staff, knowledgeable therapists, and therapy technician's work as a cohesive team with one-on-one undivided attention during each session. From walking this morning and throughout my day, I have not used a wheelchair or walker. It has been 4 years since I have walked! Thanks for the help, Teton Therapy. I can't wait to go for walks around the neighborhood!"



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



Doctor's Note

Get Relief from Shoulder Pain

The shoulder is possibly the coolest part of the body! Involved in many of the ways we interact with our environment, the shoulder must be extremely mobile while still maintaining enough strength to complete activities. Its unique anatomy makes it a frequent source of pain as well as a common culprit for dysfunction in other parts of the body. These factors make treatment of the shoulder rewarding for both the patient and therapist!

Shoulder Conditions We Treat:

- Shoulder pain
- Rotator cuff injuries and tears
- Post surgery rehabilitation (arthroscopy, rotator cuff repair, total shoulder replacement, and more)
- Frozen shoulder (adhesive capsulitis)
- Shoulder tendonitis
- Shoulder bursitis
- Shoulder impingement
- Shoulder fracture recovery
- Dislocation rehabilitation
- Labrum tears
- Loss of range of motion

The shoulder joint, also known as the glenohumeral joint, looks like a golf ball sitting on a tee. This is where the humerus

meets the shoulder. Due to the lack of bone-to-bone contact to keep it stable, the shoulder maintains its stability using nine muscles working together. Simple motions like reaching overhead require the coordination of all these muscles plus an additional six that control the shoulder blade (scapula).

Here are some simple tips for improving your shoulder pain:

- Rest and ice frequently. Ice for 10-15 minutes right on the shoulder joint.
- Sleep hugging a pillow. This helps to properly space the shoulder joint. Tuck the pillow deep in your underarm.
- Stand up against a wall and gently squeeze your shoulder blades back and together. Don't shrug your shoulders. This helps retrain proper shoulder posture.
- Avoid heavy lifting, carrying groceries on that side and repetitive reaching up overhead, even if it is a light object such as a cup.
- If your pain doesn't go away in 3-4 days, seek help from our physical therapists.



READ MORE AT

tetontherapypc.com/tetonnews/#blog

Managing shoulder pain or dysfunction with a trained rehabilitation specialist can shorten the period of time until normal function returns! At Teton Therapy, many of our therapists have taken advanced shoulder courses to assist in treating the full spectrum of shoulder conditions. These include anything from simple shoulder pain to complex shoulder reconstructions. The most important factor in getting over shoulder conditions is starting therapy early!

