



Therapy NEWS

DECEMBER 2021

LIVE LIFE PAIN FREE.

A Monthly Newsletter
Focused On Health,
Movement & Wellness

INSIDE: • Winter Fall Prevention • PT vs. Opioids • Teton In The Community



Give Yourself the Gift of Health!

It's the end of the long year – You've been running around, preparing for the holidays, preparing for the tough Wyoming winter. You must be exhausted!

What's the best gift you could give yourself? The gift of health, of course! At Teton Therapy, we provide a fun, professional, family-like atmosphere for your physical and occupational therapy needs. We think of each of our patients and employees as family, and we would love to be your escape from the end-of-year madness and aid in your path to better health and well-being!

WE OFFER FREE CONSULTATIONS

 Like us on Facebook

Visit us at tetontherapy.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

Wait, What? **FREE** Consultations?
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

 Like us on Facebook | Visit us at tetontherapy.com



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.

 **WANT TO LIVE LIFE PAIN FREE?**

Contact any of our three locations to schedule your free consultation.



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!



Doctor's Note

Physical Therapy: Safe Pain Management

Pain management can be a tricky and emotional issue for our patients and our healthcare community. We want to stop the suffering as quickly as possible, and sometimes that leads to prescribing opioids. However, as we all know, opioid use can be risky and have negative side effects such as addiction, depression, and overdose.

As physical therapists, our careers center on effectively relieving pain. For example, the CDC cites "high-quality evidence" showing that exercise as part of a physical therapy treatment plan is very effective for people suffering from low back pain, hip or knee osteoarthritis, or fibromyalgia.

Rather than masking pain, as opioids do, physical therapy gets to the root of the issue and works on the solution from there. The side effects of physical therapy include improved quality of life, increased mobility, pain reduction, and knowledge to prevent pain and injury in the future.

It won't be as easy as taking a pill, but the results of physical therapy can be much better and longer-lasting. We provide specialized care and treatments for:

- Back and Neck
- Hip, Knee, Ankle, and Foot
- Shoulder, Arm, Wrist, and Hand
- Balance and Dizziness
- Brain Injuries and Stroke
- Pediatric Services
- Occupational Therapy
- Sports and Running Injuries

Contact any of our clinics today to discuss how we can help you and your patients manage their pain in safe, effective ways!

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

On the Community Giving Back

As we close another year, Teton wants to reflect on all the great things we were able to do for our communities! The Riverton and Lander clinics donated to the Riverton Hockey's Golf Tournament Fundraiser, along with Riverton Search and Rescue, and many other organizations. In addition, the Cheyenne clinic raised money for Climb Wyoming, a non-profit organization for low-income single mothers to discover self-sufficiency through career training and placement. Cheyenne, Riverton, and Lander clinics also participated in the 8th annual Gobble Gobble Give food & fund drive, helping contribute over 90,000 meals for our Wyoming communities!



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

Tip of the Month

Winter Fall Prevention

Although falls are a constant concern regardless of weather, individuals need to be especially careful during the wintertime. Cold temperatures can create normal environments to become unsafe. Given the dangerous nature of falls in older adults, it is important for individuals to keep steps and walkways clear of snow, ice, and any other potential hazards for falling. Be extremely cautious when using canes, walkers, or crutches on snow and ice.

Tips for walking in winter weather!

- Walk slowly with caution
- Use sidewalks and handrails
- Wear appropriate footwear with traction
- Report any poor lighting, potholes, or parking lot damages
- Don't put your hands in your pockets (you may need your arms to stabilize yourself)

Physical therapy plays a BIG role in helping dizziness and vertigo by performing several key treatments. At Teton Therapy, our staff 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 decrease the symptoms and allow you to move without dizziness or vertigo.



KELLY P. CHEYENNE PATIENT

Jacqui has done a tremendous job working with me on strengthening and working on the range of motion for my shoulder. I am now able to tuck in my shirt, start and turn off the ignition, and can shift gears in my truck again. She continues to work on increasing my range of motion, as well as manipulating the left shoulder bicep tendons. Thank you, Jacqui!

**SUCCESS
STORY**



**STAFF
PROFILE**

JACQUI VOOGUE

Occupational Therapist, Cheyenne Clinic

Jacqui doesn't only provide sensational care to her patients, but she has a passion for helping others! Jacqui spent most of her adult life in Tacoma, WA where she served 10 years in the Army National Guard. During her service, Jacqui deployed overseas and completed her Bachelor in Health Studies. When Jacqui isn't helping others, she enjoys being outdoors, rooting for her beloved Seattle Seahawks, and spending time with her husband, son, newborn daughter, and two dogs!