



# TherapyNEWS

NOVEMBER 2021

LIVE LIFE PAIN FREE.

A Monthly Newsletter Focused On Health, Movement & Wellness



**INSIDE:** • Benefits of Staying Active • No Deductible Season • Dry Needling for Treatment

## The Benefits of Staying Active

**Exercise is important for both physical and mental well-being!** Doing some type of physical activity helps maintain healthy lungs, bones, muscles, and functions that otherwise tend to decline with age. Doing activities such as brief outdoor walks, dancing to music, shoveling the driveway, or group exercise classes all promote your health. Moving around is crucial for people of all ages! Being on a healthy routine can improve your mood, increase your energy, and make you feel all-around better during the cold winter months.

**WE OFFER FREE CONSULTATIONS**

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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

### 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.**

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**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  
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### 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

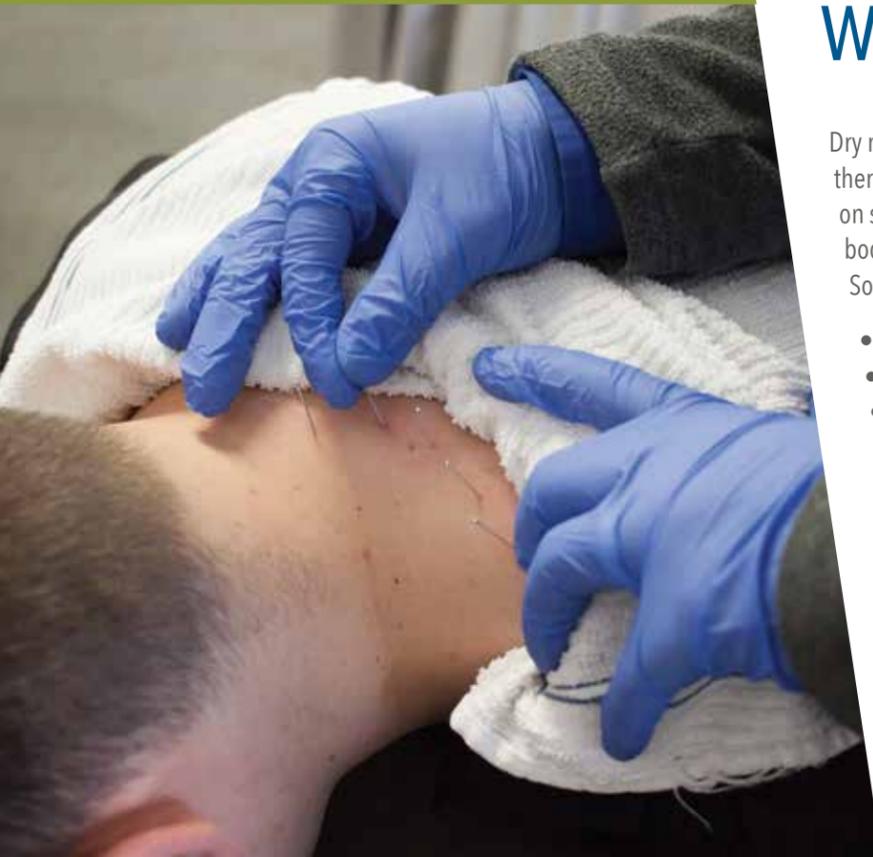
# Save Money on Therapy Expenses During No Deductible Season!

Have you reviewed your insurance plan and coverage lately? At the end of the year, many patients have met most, or even all, of their insurance plan's deductible. If you have a family plan, had any surgeries, or suffer from a chronic illness, there is a good chance that you have met your deductible for the year! What does this mean?

If you have met most or all your deductible, this will greatly reduce your out-of-pocket medical expenses. For instance, the cost of physical therapy could be very minimal or even 100% covered by insurance! Physical therapy can greatly reduce not only your pain levels but also the amount of money that you ultimately spend on your pain in the long run.

At the beginning of the year, most insurances have a set amount of physical therapy visits you get a year. If you don't use these visits, you lose them! Not sure what your deductible is or if it has been met? Call our billing staff at (307) 463-0462 and let them help you figure it out!

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



## Doctor's Note

# What Conditions Does Dry Needling Treat?

Dry needling is a technique used by our physical and occupational therapists to treat myofascial pain. Myofascial pain is when pressure on sensitive points in the muscles causes pain in seemingly unrelated body parts, often a result of a repeated injury or muscle overuse. Some common conditions relieved by dry needling include:

- Migraines & tension headaches
- Carpal tunnel & computer-related disorders
- Spinal & joint dysfunction
- Whiplash associated disorders
- Tendonitis
- Cramps

Therapists use dry needling with the goal of releasing or inactivating trigger points to relieve pain, improve range of motion and pain control, reduce muscle tension, and/or normalize motor function. This can help speed up the patient's return to active rehabilitation.



## MICHAEL H. RIVERTON PATIENT

"I'm a member of Riverton's Veteran's Honor Guard. Veterans' funerals are the most important things we do, but I couldn't stand at parade rest for them. At parade rest, your left hand rests at your waist behind your back. I could barely get my left arm past my leg. I worked with Don Scott [Riverton COTA]. His knowledge and understanding of his craft made the difference. He also gets my jokes. Now, I'm back to being part of the team. I would stand on a mountaintop and scream for Teton Therapy!"

SUCCESS  
STORY



Photo courtesy of County 10



STAFF  
PROFILE

## JENNIFER HEGWOOD

Billing Manager

Jennifer is our all-star billing manager! She began as a therapy tech in 2009, then transitioned into insurance verification, and finally brought billing in-house in 2015. Jennifer handles all group contracts with companies and credentialing each therapist in our clinics. She enjoys helping people with the financial part of therapy, and being locked in her office with her headphones in!! Jennifer enjoys spending time with her family, being a grandma, hunting, fishing, hot air ballooning, cake decorating, and going on trips!

## On the Community Gratitude!

As we enter the month of November, we inch closer and closer to the holiday season. We are taking this special time of year to reflect on all that we are thankful for, and to express gratitude! We are thankful for the hard work our patients invest in their recovery, thankful for our community healthcare providers, and for our hard-working staff who give their hearts and souls each and every day to our patients! We are so fortunate to live in a tight-knit, generous, and loving community in this beautiful state. **As 2021 comes to a close, what are you thankful for?**



### THE PROCESS

Clinicians push thin, solid needles through the skin to get to trigger points (trigger points = knotted areas in muscles). The needles stimulate the tissue and can provide relief for pain or tightness. Dry needling is typically one part of an overall physical or occupational therapy plan, alongside exercise, manual therapy, and education. Alleviating pain with dry needling is extremely effective and can help provide quick relief. Put down that bottle of ibuprofen, stop rubbing those temples, and call Teton Therapy to schedule your free consultation! The only thing you have to lose are those headaches.

Want to learn more about the benefits and uses of dry needling?  
Visit any of our three locations.

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