



A Monthly Newsletter
Focused On Health,
Movement & Wellness

Therapy NEWS

LIVE LIFE PAIN FREE.

JANUARY 2022

TETON
THERAPY



Start the New Year off right!

Sure, you've resolved to eat right, get more rest, and cut the stress. See your 2022 resolutions to a successful end by viewing them the right way: Resolutions are simply a type of goals, and the start of a new year can help you put into place habits to accomplish those goals.

So, go ahead, 2022 is the year to make the healthy changes that will benefit you for a lifetime.

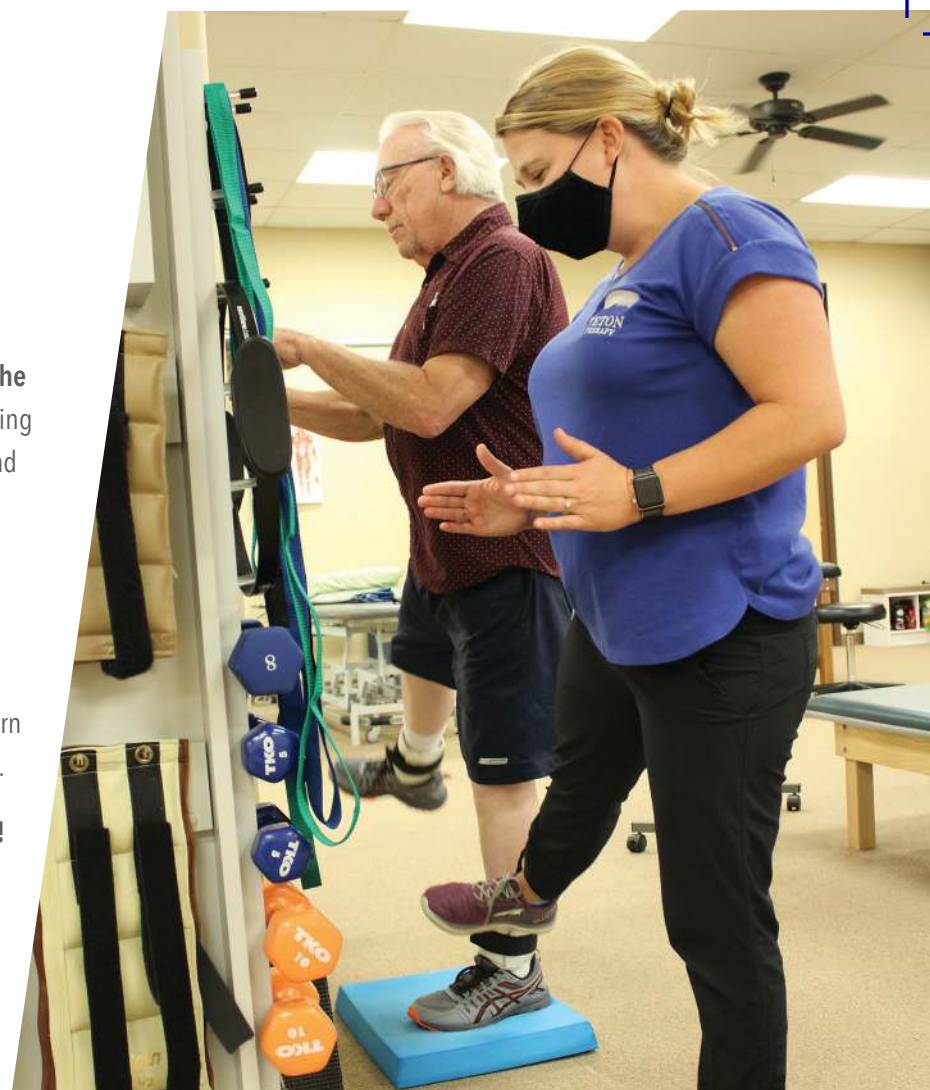
And, if your resolution involves addressing that injury or stubborn pain, don't forget Teton Therapy's free 30-minute consultation.

Here's to a wonderful, healthy new year and new you!

WE OFFER FREE CONSULTATIONS

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Visit us at tetontherapy.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.**

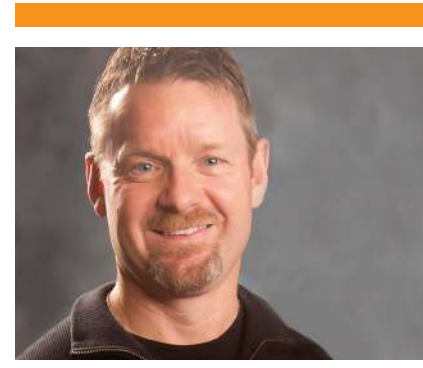
Wait, what? FREE Consultations? Nothing is free anymore, right?



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 McMenemy
OTR-L, CEO, Owner

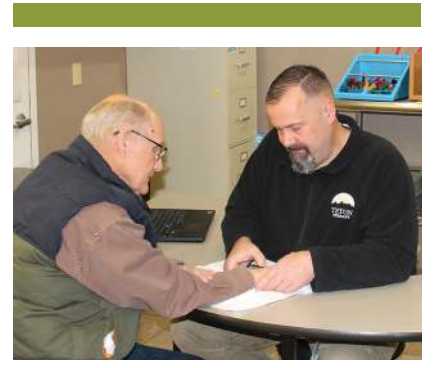
Our goal at Teton Therapy is to give you the results you want in a friendly, family-like atmosphere. Your time and trust are valuable and we are dedicated to helping you live a fuller, happier life.



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



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?
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Tip of the Month

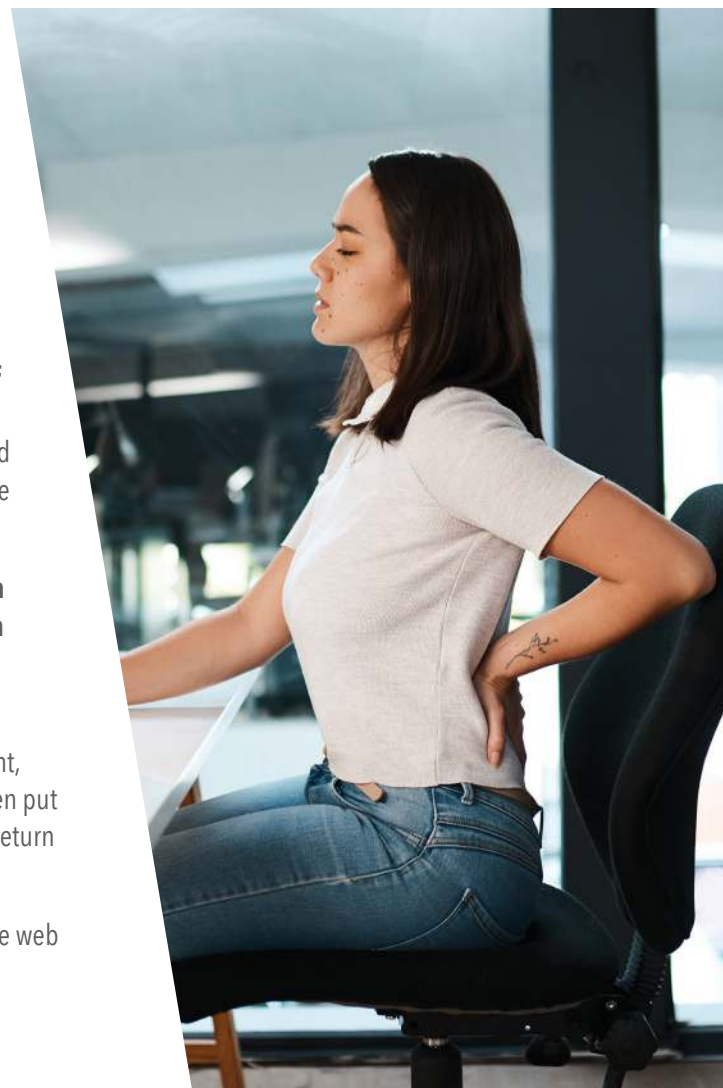
Lower Back Pain

According to the Centers for Disease Control, about **27% of men and 32% of women have suffered from lower back pain** over the past three months. And the causes of lower back pain are everywhere: Staying seated for extended periods of time, sleeping on the wrong mattress, poor diet, and bad posture are just a few of the ways lower back pain can become an issue for you.

Luckily, there are just as many ways to treat and reduce lower back pain. **Teton Therapy's expert therapists look to the roots of your pain and design a custom treatment program to bring you relief.**

It starts with an initial consultation. You and your physical therapist will discuss your history, they will examine your spine, and evaluate your movement, strength, walking and coordination. Teton Therapy's physical therapists can then put into action a treatment plan that best suits your needs and offers the quickest return to function and relief from pain.

Imagine life without lower back pain. Call Teton Therapy or find us on the web at TetonTherapyPC.com, to schedule your free, 30-minute consultation today!



DAVE Q. LANDER PATIENT

Choosing Teton Therapy for his shoulder issues was the right decision for Dave. "They're friendly and make you feel comfortable, more than any other [therapy facility]."

Occupational therapy with Lander Occupational Therapist Keely Tatro has given Dave increased flexibility and mobility in his shoulder. Now Dave may have another choice to make: "I was headed toward surgery before, but, with Keely's help, I'm making big progress!"

SUCCESS
STORY



HAWK CAIN Therapy Technician, Lander, WY

STAFF
PROFILE



He's a knockout!

Joining the Teton Therapy family in 2020, Hawk Cain started as a Therapy Technician in Riverton before making his home in the Lander clinic.

An avid athlete, Hawk has always been involved in sports including football and Olympic-style weightlifting.

But it's boxing that has become Hawk's passion. As a member of the Lander Boxing Club, Hawk finds the strategy and adrenaline rush of the sport most appealing.

This month, Hawk will partner with the Parkinson Association of the Rockies and the Wind River Parkinson's Education and Support Group to teach Teton Therapy's Power Punch Parkinson's classes. The program incorporates physical training and boxing to help with the various debilitating effects of Parkinson's, a degenerative neurological disease affecting 60,000 people across the U.S.

If you, or someone you know, is interested in joining Hawk for Power Punch Parkinson's, please call Teton Therapy Lander at 307-332-2230.

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

Doctor's Note

Sciatica: Some nerve!

The sciatic nerve branches from your lower back through your hips and buttocks and down each leg. This nerve lends itself to the name "sciatica," a condition where pain radiates along the path of the sciatic nerve. Typically, only one side of the body is involved, but anyone who has ever suffered through sciatic nerve pain knows it can affect everything you do.

According to the Mayo Clinic, risk factors for sciatica include:

- **Advanced age.** The passage of time changes the spine, and can cause herniated discs and bone spurs.
- **Excess weight.** Yet another reason to follow through on that New Year's resolution!
- **Sedentary lifestyle.** Compared to active people, those who sit for prolonged periods of time are more likely to develop sciatica.
- **Diabetics.** Diabetes can increase your risk of nerve damage.

For a healthy spine to work properly, you need to have strength, flexibility and coordination. Medications and injections can help to relieve sciatic inflammation, they don't fix the cause of the problem.

Physical therapy at one of Teton Therapy's clinics is the ideal solution to improve the symptoms of sciatica. Best of all, once your spine is functioning better, our expert Physical and Occupational Therapists can help you maintain your spinal health, so you won't continue to suffer with sciatic nerve pain.

Call us today to discover how we can help relieve your sciatica symptoms, and get you back to life pain-free.

RIVERTON

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In the Community Community Entry Services

Community Entry Services of Riverton is an organization dedicated to empowering those with disabilities to maximize independence and lead satisfying productive lives.



Teton Therapy is a proud supporter of CES, and a sponsor of the 2021 Festival of Trees Family Night. The event offered photos with Santa, ornament decorating, and more, at the Chandelle Event Center in Riverton.

Teaming up with three other sponsors, Teton Therapy and CES were able to make this worthwhile event free to the public. It's just another way Teton Therapy gives back in the community.