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OUR GOAL IS TO SERVE YOU WITH SUCH A GREAT EXPERIENCE THAT YOU:

1. Thank the person who sent you here.
2. Refer people you care about to us.

PATIENTS ENTER TO WIN!

Find the misspelled word
in this newsletter and call
570-208-2787 for your
chance to win a

\$10.00

GIFT CARD!

Contest for past
and present patients only.

Team Member(s) of the Month: FRANK & COURTNEY CAWLEY

This month's Team Member(s) of the Month goes to our fearless leaders, none other than Frank and Courtney Cawley! For those of you who never met Frank, he and his wife Courtney started Cawley PT and Rehab way back when, on April 1, 2003. Hard to believe over 16 years have passed. Frank gives Courtney 100% of the credit to this day as being the sole reason for opening their own business. Frank was very hesitant having very little knowledge of how to start or run a business, but with Courtney's tireless support, love and encouragement they took the leap of faith and have been blessed with a flourishing business. Frank and Courtney will be the first to tell you that they do not take credit for their success. The success of Cawley PT and Rehab is truly a reflection of the wonderful staff, tremendous patients and community support that has made this dream a reality! When Frank is not busy behind the scenes working on the business he still loves to interact and treat patients as this is his true love and passion. Courtney heads up the A/R department but ultimately has a much bigger responsibility in taking care of and getting 4 children between the ages of 8-15yrs to where they need to go! Frank and Courtney will be married 17 years this October and have 4 amazing children. RoseMarie 15, a sophomore in high school, Juliet 13, heading into 7th grade, Francis 11, starting 5th grade in the fall and rounding out the troops is Beau, 8 (soon to be 9) starting 3rd grade! Frank and Courtney are truly blessed and they owe it all to their Cawley PT family, the physicians and health care professionals, and especially the nearly 10,000 past patients who have entrusted their care with them! Thank you all!!!



Team Member(s) Spotlight: SAMANTHA POVOLKO

The Team Member Spotlight for the months of July and August goes to one of Cawley PT and Rehab's newbies! Please give Ms. Samantha Povolko a warm welcome to the Cawley family. "Sam" is a recent graduate from Indiana University of Pennsylvania where she majored in and obtained her BS degree in Natural Science and Pre-Physical Therapy. Sam joined the Cawley PT team in late May and will be our lead front desk and PT Tech in our Nanticoke clinic. Sam brings a ton of exercise knowledge to the table and is excellent when interacting with patients! Sam has a deep passion for the field of Physical Therapy and this is clearly evident in her plans to pursue her Doctorate degree in PT. Sam will be applying to schools and hopes to start her journey next year. Sam is originally from the Allentown area but now resides in Carbondale. When Sam is not busy working with the team in Nanticoke she enjoys exercising and going for a good run! (Sam obviously does not approach running the way I do which is to only run when chased.) Sam has two cats (Louie and Kitty). Very original Sam!! Ha-ha-ha... If you see Sam please say hi and welcome her to the team. We are certainly lucky to have her join us.



New & Noteworthy

Cawley Physical Therapy and rehab has a lot going on in the summer months. Biggest news recently... We would like to congratulate Dr Jesse Yurko and his lovely wife Amanda on the birth of their first child, Bryce Christopher Yurko. The little bundle of joy came into this world on May 20th at 1:07pm weighing in at a solid 8# 15.9oz and was 21 1/2" long. Big Congrats to Jesse, Amanda and of course Baby Bryce!!



We have several staff members who are or will be taking some well-deserved R/R time off to hit up the beaches of Delaware, New Jersey, and Maryland! Two of our all-star staff recently celebrated their 1st Wedding Anniversary!! Dr. Tim and Caitlyn Dymond tied the knot one year ago on June 1st 2018!! Tim is our Clinical Director of Operations and Caitlyn is our lead PT Assistant in our Kingston office. We wish them many more years of joy, love, happiness and of course memories to last a lifetime!



Cawley Physical Therapy and Rehab had some fun celebrating last month with a fun team event with the Scranton Wilkes Barre Railriders. Nearly 40 staff members and family enjoyed a fun night out at the ball park! Unfortunately the Railriders did not bring home the "W" but it was a definite win and fun time for all those who attended! Check out some of the fun photos! Great times...Great memories...Great people!!



On Saturday June 8th we hosted our 2nd Annual Natural healing Health Fair in Lackawanna County and it was a huge hit!! We had nearly 100 people register for this exclusive event and had a fantastic turn out as you see in the pictures here!



Last, we want to wish a very happy happy birthday to all of our past and present patients who celebrate birthdays in the months of July and August! We hope your day is/was filled with joy and celebration (and of course CAKE :)

Happy B-Day wishes also goes out to a number of the Cawley PT team members celebrating in June, July & August including: Caitlyn Dymond, Anthony Carachilo, Marcus Purdy, Cassie Churnoski (Monumentous 21st Bday), Wanda Ansback, Tim Dymond, Jessica Congdon, Candice Purnell and Danica Kuti!

Healthy & Delicious Fruit Salad! Mmmmmmm...

HONEY LIME FRUIT SALAD

PREP TIME 15 MINUTES, CALORIES 150 KCAL
Serves 8-10

INGREDIENTS:

- 2 mangos, peeled and diced
- 1 lb. fresh strawberries, diced
- 1 lb fresh pineapple, diced
- 12 oz blueberries
- 12 oz grapes, halved
- 4 kiwis, peeled and diced
- 2 bananas, peeled and sliced



HONEY LIME DRESSING INGREDIENTS:

- 1/4 cup honey
- zest of 2 medium limes
- 2 Tbsp fresh lime juice
- 2 tsp poppy seed



DIRECTIONS:

Add all fruit (except bananas) to a large mixing bowl. Add bananas just before serving, so they don't turn brown. In a small mixing bowl, whisk together the honey, lime zest, lime juice and poppy seed. Pour over fruit just before serving and toss to evenly coat.

Laser Therapy: Learn how this amazing new technology can save you from the nasty side effects of medication and help keep you off the operating table!

Join us for our Laser Therapy Open House on Tuesday, July 30th from 7a-6p

We had a lot of questions about our new Class 4 laser....

"What is a laser machine exactly?"

"Does it help with all injuries?"

"How does it actually work?"

"So you have a magic laser that takes away all my pain when I move?.. Come on..."



The best way to answer these questions, or any questions you might have, is to come in for a FREE no-obligation 30 minute exam with a Doctor of PT in our Pittston Office on Tues. July 30th

Interested in this offer? Please act now by calling our Pittston Office 570.208.2787. Seats are limited, call ASAP!

Who would benefit from Laser Treatments?

- Anyone who values conservative care and is not interested in the harmful side effects of injections, medication and want to avoid surgery.
- Anyone currently trying to get over an injury faster and easier than ever before.
- Anyone looking to accelerate tissue healing and get back to doing what they want to do now that the gorgeous weather is finally here.
- Anyone interested in learning about this cutting edge technology that we have brought into our practice and how it can help them live a better life.
- Anyone looking for a gentle, non invasive way to reduce pain and inflammation starting literally right away.

What do you get?

- A free screen from one of our PTs, we will give you a diagnosis, tell you how long it will take to fix and give you a plan.
- One free laser treatment (only payment needed is a high 5 or a hug... which I have actually gotten from some patients who saw significant pain relief after just one treatment).
- 20% Discount on laser packages purchased at the open house. NOTE: You are only eligible for this feature if you attend the open house.



**CALL TODAY FOR YOUR FREE LASER TREATMENT
on TUES JULY 30th 570.208.2787**

ROTATOR CUFF & SHOULDER PAIN CONSULT EVENT REVEALS HOW TO NATURALLY HEAL YOUR PAIN FOR GOOD.

Do You Have Shoulder Pain with Any of the Following Day to Day Activities:

- ✓ Do you suffer with shoulder pain when you reach up on to a high shelf? Or up overhead?
- ✓ Do you have pain when you reach behind your back? Or into the back seat?
- ✓ Do you experience pain, numbness or tingling into your arm, elbow, hand or down your arm?
- ✓ Does your shoulder ever "go out" if you move the wrong way?
- ✓ Are you afraid your pain will get worse if you don't do anything about it?



If you have answered YES to any of the above questions (or have a stubborn spouse who is in denial) – the Shoulder Consult Event may be a life changing event for you ...

Here, the Physical Therapy Specialists at Cawley PT, we've helped 100's of people who have suffered needlessly with shoulder pain and rotator cuff problems ... it's our specialty.

So by request, I'm hosting Shoulder Consult Events ...

TUESDAY, JULY 16th From 10:00 a.m. to 5:00 p.m. – ALL FIVE LOCATIONS!

If you're confused about what to do and looking for answers, here's some of what you'll learn:

- ✓ The Single Biggest #1 Mistake shoulder pain and rotator cuff sufferers make which actually stops them from healing ...
- ✓ The 3 Most Common Causes of Problems in the Shoulder and Rotator Cuff ...
- ✓ A Sure-Fire Way to Pick the Right Treatment for the Cause of Your Pain (and save you a ton of time and money)
- ✓ How a problem in your shoulder can cause pain, numbness or tingling in your arm ...
- ✓ What successful treatment and permanent relief looks like without the side effects of medications, injections or surgery.



How Do I Register for the Shoulder Consult Event? Call our office to register at 570-208-2787.

When you register, we will mail you the Shoulder Worksheet which you will bring with you to the event. We only have 30 seats available for the event ... and this will be going out in our past and new patients. So if you would like to attend, be sure to register now...**Call 570-208-2787.**

How Much Is It to Attend? The event is **FREE!** ... when you **Call 570-208-2787** to Register.

Looking forward to seeing you there,

Frank J. Cawley, MPT
Cawley Physical Therapy & Rehabilitation

PS - This event is limited to the first 13 people to register. When you register, you can bring a guest at no additional cost (we do this because many people request to bring their spouse or other family member).



PITTSSTON OFFICE: 570-208-2787
33 North Main Street
Pittston, PA 18640

KINGSTON OFFICE: 570-714-0933
840 W. Market Street
Kingston, PA 18704

NANTICOKE OFFICE: 570-258-2365
160 S. Market Street • Nanticoke, PA 18634

SCRANTON OFFICE: 570-207-2787
1150 S. Main Ave. • Suite 101 • Scranton, PA 18504

CARBONDALE OFFICE: 570.280.2414
44 North Scott St. • Suite 2 • Carbondale, PA 18407

SUCCESS STORIES

CawleyPT.net



Results you can see

Congratulations Patients of the Month

Congratulations to our patients of the month for June & July.

"HIGHLY RECOMMEND THIS TEAM"

Kingston: "These guys are great, awesome, made me feel really comfortable from the start. All of the girls are amazing. When I first got to Cawley I couldn't do much with my left arm due to a shoulder injury. Within about a month I'm almost back to normal. Just want to say thanks to all you guys. Highly recommend this team" —Jack Williams



"NEEDLESS TO SAY...THEY WERE RIGHT!"

Pittston: "Herniated disc? Physical Therapy? Never in a million years would I have thought those words would be coming out of my mouth. But when I was recommended therapy for the pain, numbness and tingling going down my left arm, I was a disbeliever. How can that help? Well when I asked around I heard Cawley was one of the better places in the area. Needless to say they were right. I cannot thank Anthony or Tim enough for being so patient with my impatience. All I wanted to do was get rid of the pain and get back to my normal life QUICKLY!!! I am now without pain, able to sleep at night and back to my usual activities. Thank you everyone at Cawley for making this possible for me." —Tracey C.



"I AM VERY GRATEFUL FOR ALL THE CAWLEY STAFF"

Scranton: Before I started Physical Therapy at Cawley I was desperate for relief from my sciatica pain. After a few months of physical therapy and seven laser treatments, I can happily say that I am mostly PAIN FREE!! Thankfully, I saw Frank Cawley's Facebook advertisement and I decided to attend a Sciatica Pain Workshop. That is where it all began, I am VERY grateful for all of the Cawley staff. Especially Mariah, the Pt. Aide in Scranton! —Glenn E.



"I WOULD RECOMMEND CAWLEY TO ANYONE"

Nanticoke: "When I came in I had a balance and hip problem. I saw a workshop advertised on Facebook and came in for it. I no longer stagger around like I had been doing. I have a much better ability to turn my head while driving and pulling out of an intersection, instead of using my whole upper body. If I ever need therapy I would certainly come back and would recommend Cawley Physical Therapy to anyone in need of help. —Gale R.



From Left to Right: Dr. Jesse Yurko, DPT and Nanticoke Clinic Director and Pain Free Cawley PT graduate, Ed Stepanski.

"Came to Cawley after a motor vehicle accident with pretty serious neck and back pain. Jesse and Alyssa did a wonderful job and helped me return to a pain free life again. After the accident I wondered if I would ever be pain free again. They worked their magic and I'm so grateful. I would recommend this crew to anyone. Thank You!!!" —Ed Stepanski

CONGRATULATIONS TO OUR PATIENTS!

High Fives to all Cawley Physical Therapy patients and friends who participated in our "Refer a Friend" program for the months of May/June!

Marilyn Tokar • Charles Latona
Arlene Herron • Theresa Grabo
Biago Musto • Philomena Walker
Charles Latone • James Masulis
Lou Domiano • Stephanie Kurilla
Susan Bayer • Margaret Wilk
Paula Heritage • Gloria Eynon
Danica Kuti • Margaret McDonough
Austin Cleary • Robin Daniels • Elaine Shook

CONGRATULATIONS MISPELLED WORD WINNERS

Thanks to all of you that participated in the misspelled word contest. Congratulations to:

Dan Ostrander- Nanticoke
Svetlana Penkhasova- Kingston
Gerald Marriggi-Pittston



Cawley Physical Therapy and Rehab's Carbondale Location is OPEN! The home of the Carbondale Chargers is also home to Cawley PT with a location at
44 North Scott Street • Suite #2 • Carbondale PA

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SPECIALIZING IN: Orthopedic Care • Neck & Back Treatments • Sports Medicine • Knee Replacements • Sciatica Treatments • Stenosis Therapy • Osteo Prevention • Accident Claims • Work-Related Injuries • Aquatics PT • Class IV Laser Therapy • And so much more!

UPCOMING EVENTS

CawleyPT.net



Cawley PT team has a ton of awesome events coming up in July & August including not one, but two brand-new educational workshops.

First is our Free Rotator Cuff and Shoulder Pain Consult Event.

For this event you, a family member, friend or co-worker can sign up to see one of our Doctors for a Free 30 minute Examination to:

1. Find out the cause of your shoulder pain including why you can't sleep at night or reach behind your back or get your favorite coffee cup out of a high cabinet.
2. Learn how you can possibly heal naturally and avoid the need for medication, painful injection or surgery!
3. Learn how long it may take to recover and get your life back to normal!

This event will take place on Tuesday July 16th from 10:00am to 5:00pm in ALL 5 of our office locations BUT...There are ONLY 13 spots available so you must call NOW 570-208-2787.

Next up is our brand new Headache and Neck/Jaw Pain Workshop which will reveal:

1. Top Common Causes of Headaches and Neck/Jaw Pain
2. How a clenching or grinding problem can lead to headaches and jaw/neck pain
3. Importance of Posture
4. How to relieve Headaches and Neck/Jaw Pain caused by muscle tension/over activation
5. How to heal naturally and avoid the #1 single biggest mistake 99% of people make!!

This event takes place in our Carbondale office on Thursday July 25th at 6:00pm. We are located at 44 North Scott Street Suite #2 or on Saturday July 27th at 10:00am in Nanticoke at 160 South Market street or 12:30 in Scranton at 1150 South Main Ave Suite 101!!

Other upcoming events include the following:
(Looking to sign-up?? Call our main office at 570-208-2787)

Balance and Dizziness Workshop: Thursday July 11th 6:00pm Carbondale 44 North Scott St Suite #2 or Saturday July 13th at 10:00am in Pittston 33 North Main St Suite 100 or at 12:30pm in Scranton at 1150 South Main Ave Suite 101

Knee Pain and Knee Replacement Workshop: Thursday August 8th 6:00pm Carbondale 44 North Scott St Suite #2 or Saturday August 10th at 10:00am Kingston office 840 West Market Street or 12:30pm in Scranton at 1150 South Main Ave Suite #2

Most popular workshop ever—**Lower Back Pain and Sciatica** Thursday August 22nd 6:00pm 44 North Scott Street Suite #2 Carbondale or Saturday August 24th 10:00am Pittston 33 North Main St Suite #100 or 12:30pm in Scranton at 1150 South Main Ave Suite 101.