



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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PITTSTON OFFICE: 570-208-2787
 33 N. Main St. • Pittston, PA 18640

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

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

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

CARBONDALE OFFICE: 570-280-2414
 44 N. Scott St. • Suite 2 • Carbondale, PA 18407

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**SPECIALIZING IN: Orthopedic Care • Neck and Back Pain Treatments • Sports Medicine • Knee Replacements • Sciatica Treatments
 Stenosis Therapy • Osteo Prevention • Accident Claims • Work-Related Injuries • Aquatic Therapy • Laser Therapy
 Neuropathy Treatment • Balance and Fall Prevention Therapy • And so much more!**

CLINIC NEWS



New & Noteworthy ... *Continued from page 2*

Last, is our BRAND NEW Peripheral Neuropathy Workshop. We will be hosting this in our Kingston office on Wednesday February 26th from 1-2pm! If you suffer with diabetic neuropathy or some other form of neuropathy you do not want to miss this! People are seeing such amazing results, that they are seeing the doctors to talk about getting off their medications! They are finally able to feel their feet for the first time in years! They can actually wiggle their toes and know if they are standing on something rough or smooth! Their balance and risk of falling is greatly improved! We have 25 spots available for this workshop. Call now to save your spot, 570-714-0933



2020 is a LEAP YEAR!

**If you were born on February 29th,
 come visit us for a FREE Dunkin' Donut gift card!**

Please call 570-208-2787 to confirm
(must bring proof of birth day to pick up gift card!)

FREE PERIPHERAL NEUROPATHY PATIENT WORKSHOP

WEDNESDAY FEBRUARY 26TH

Kingston Office • 1:00-2:00 p.m.

840 West Market Street • Kingston, PA 18704

SEE THE INSERT INSIDE FOR DETAILS



Clinic Update

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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!

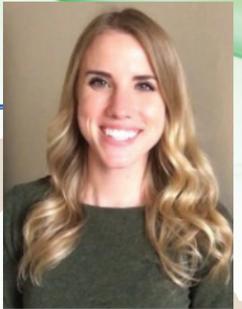
*Find the misspelled word
 in this newsletter and call
 570-208-2787 for your
 chance to win a*

\$10.00

GIFT CARD!

*Contest for past
 and present patients only.*

Team Member(s) of the Month: DR. JORDAN LIPTAK DPT



We are starting off the New Year (2020) with a new team member who recently joined the Cawley PT family in November. Please join me in welcoming Dr. Jordan Liptak DPT to the team. Jordan is a graduate of Slippery Rock University where she obtained her Doctorate Degree in Physical Therapy in May 2019. Upon graduation Jordan took a position at a Skilled Nursing Facility on the outskirts of Philadelphia where she and her fiancé resided. Jordan's true passion was in sports and outpatient therapy so when the opportunity presented itself to work with the Cawley PT team, she jumped at it. Jordan is no stranger to NEPA. She attended Western Wayne high school prior to heading to Slippery Rock Univ. Jordan has a real passion for physical therapy. Her favorite body region or problem to treat is the foot and ankle area but she also enjoys treating other issues and enjoys challenging or complex patients. Jordan is our lead Physical Therapist in our Scranton location!

When Jordan is not busy treating patients at Cawley PT she enjoys spending time with her fiancé Jason. The couple is planning a May 2020 wedding! Jordan also enjoys getting outdoors or getting in a good workout!

Please join me in welcoming Jordan to the Cawley PT family and wish her well on her new endeavors!

Team Member(s) Spotlight: DR. HEATHER MARSICO DPT



This month's Team Member Spotlight shines on one of our lovely ladies. This young lady needs no introduction and does a stellar job leading the team in our Kingston location. Dr. Heather Marsico DPT!! Heather has been a leader and member of the Cawley PT family for 2 years. She graduated from Misericordia University in December 2018 and joined our team immediately thereafter! Heather leads the Charlie's Angel team of Caitlyn, Jess and herself in our Kingston office! Heather is our Clinical Director and evaluates all the awesome new patients that roll through that office. Heather enjoys treating all types of conditions and problems but her favorite condition to work with is patients suffering with lower back or leg pain due to an SI (sacro-iliac) joint problem.

Heather recently had some pretty amazing news as her boyfriend Ryan proposed and Heather said "YES"! The couple is looking at tying the knot in a 2020 ceremony! When Heather is not busy at Cawley PT or busy getting engaged (lol), she enjoys some quality time in the kitchen doing a little cooking and baking!!

If you see Heather please give her a big hug and congrats on her recent engagement!! Congrats to you and Ryan!! Best of luck with the wedding plans!!



New & Noteworthy

Cawley PT has a bunch of new events coming up early in 2020!

First we will be hosting our popular Lower Back Pain and Sciatica Workshop on Thursday, January 16th from 6-7pm in our Carbondale, Nanticoke and Scranton offices. We will cover the Top 3 Most common causes of back pain and #1 single biggest mistake people make who are suffering with pain! Call 570-208-2787 to register before all spots are taken!



Next is our Foot and Ankle Pain Workshop we are hosting on Thursday, January 30th from 6-7pm in our Kingston, Scranton and Carbondale locations! Here we will address the #1 most common cause of foot and ankle pain as well as how you can heal naturally without the need for medications or injections.



In Pittston only, on Wednesday February 5th we will be hosting our Laser Therapy Open House! You have the opportunity to try for free (\$220 Value) and learn how the amazing power of light has helped to heal 100's of others just like you! Are you the person saying, "I have tried it all," if you are, you have to give this a shot. What do you have to lose except the PAIN! We are limited to only 20 spots! The event is from 10am-4pm! Call 570-208-2787 to save your spot today!



Continued on back page

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 November/December.

Ellen Behlke • Dolores Fisher • Kelly Herron • Raymond Motyka
Richard Mooney • Mildred Lipski • Mary Patchcoski
Carol Siberski • Dianne Hoover • Pam Lenkofsky
Sandy Falbo • Dee Mickavicz

CONGRATULATIONS MISPELLED WORD WINNERS

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

Rena Schoenfeld • Patty Temple • Donna Littzi

Clinic Events

Continuing Education and Advanced Training

Cawley Physical Therapy and Rehab's team of therapists recently gathered together in our Pittston (Main) location for a weekend filled with continuing education and advanced training techniques! Our team prides ourselves on staying up to date with all the latest and greatest techniques in physical therapy. This ensures that we are providing each and every patient just like YOU with the best treatments! This will 1. Help you reach your goals faster 2. Offers you the best opportunity to recover quickly 3. Keeps us accountable and on our toes 4. Provides you the opportunity to return to doing the things you love! The main focus of our training was Upper Extremity (Shoulder/Elbow/Wrist/Hand) and Lower Extremity (Pelvis/Hip/Knee/Ankle/Foot) hands on techniques and corrective exercises for all types of injuries! Our team of 14 therapists learned and performed these techniques throughout our weekend long event! We are excited to bring these techniques and treatment options back to our patients in all 5 of our locations! Be sure and talk to your therapist to see if these techniques can get you back to the things you love faster and better than ever!

The Angel Tree Project

The Cawley PT team was super excited to participate in the Angel Tree project this past holiday season! Between Cawley PT's 5 locations, the staff and our extremely generous patients were able to provide gifts for the less fortunate. This included gifts for over 40 families and individuals! We can not thank each and every one of you enough for your thoughtfulness and generosity! We hope to make this a yearly event and make sure that no child or person goes "without" for the holidays! Thank you so much!!

Here is a cool picture of some of the gifts that were donated!! We only wish we could have seen the smiling faces on the children when they opened them on Christmas!



Results you can see

Congratulations Patients of the Month

Congratulations to our patients of the month for December.

"VERY PLEASED WITH EVERYONE!"

Carbondale Office: *Before coming to Cawley, I was experiencing pain starting in my lower back running down my leg to my foot. Thanks to all the patience and hard work of all the therapists here I'm already experiencing relief from pain for the first time in months. I can't say enough how patient, understanding and warm all the girls here have been through the whole process. It's been a true pleasure to have my physical therapy here.* —Jonathan Williams



"I ENJOYED EACH VISIT TO THE LAST!"

Nanticoke Office: *"Before my time at Cawley Physical Therapy, the pain in my back was unbearable. Sometimes I could barely get through a day. Now, I have full mobility on my left side and the pain is a distant memory. The staff is friendly, and the treatment is effective. I enjoyed each visit to the last!"* —Christian Cognigni



"THANK YOU"

Scranton office: *"Things come into my life and I could never imagine what good things have happened to my health as a result, I had trouble stretching and bending before but I can now do these things. My balance was not perfect but has improved with certain tasks. I am very thankful for the therapists at Cawley, they made my life better!!! Thank You !!!* —Edith James



"DEFINITELY BE RECOMMENDED TO ALL MY FRIENDS WHEN NEEDED"

Pittston office: *"I fractured my hip and was walking with a cane when I started physical therapy. Under the excellent care of the physical therapists, I am now cane free. The exercises and activities built up my strength, balance and endurance to walk. It is easier to get in and out of my car, go up and down steps, walk correctly and take longer strides. I feel more and more confident when walking. The therapists staff and the wonderful people I met will always remain with me. Cawley Physical Therapy will definitely be recommended to all my friends when needed."* —Christine Crosbie



Pictured from L-R; Caitlyn Dymond PTA, Happy Cawley PT graduate Rena Schoenfeld and Jess Congdon PT Tech, Kingston office.

"I came to Cawley Physical Therapy in Kingston in response to a newspaper ad that featured various problems with shoulders. Since I have a torn rotator cuff in my right shoulder, I thought that I might get some relief from the pain I was experiencing. I had difficulty raising my right arm, could not perform certain motions, and often felt a burning sensation in my shoulder. I turned to prescription medication frequently to alleviate the symptoms.

On my first visit, Heather met with me to discuss possible activities that might be beneficial to me, and assured me that I could definitely be helped. I agreed to start coming on a regular basis, and have worked steadily with her, as well as with Caitlyn and Jessica.

During the course of therapy, I mentioned to Heather that I was having some difficulty with my balance. She told me that we could work on that too, and designed specific activities to address it.

I have completed my therapy sessions, and there has been improvement in both problem areas. I think my arm is stronger, I can raise it more easily, the pain level has been reduced, and I experience less of the burning feeling. Massage and heat are the icing on the cake! Marching and kicking with ankle weights, standing with my eyes closed, and stepping over cones are some of the activities that have contributed to my being steadier on my feet.

I am very grateful to all the staff with whom I have worked over these past months. They are sympathetic, dedicated to and supportive of their clients. There is always warm and friendly atmosphere at the center, and lots of laughter and fun, even though the tasks at hand are serious.

It will be my pleasure to recommend Cawley whenever the opportunity presents itself."

—Rena Schoenfeld