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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 of the Month: DR. BARRY MYERS



Our latest Team Member of the Month is a newbie to the team here at Cawley PT! He is new to Cawley PT but is not new to knowing how to get people better and back to doing the things they love fast! Why do you think we brought him on board?? (Wink-Wink!!...LOL) Please join me in welcoming Dr. Barry Myers to the CPTR family. Barry joined the Cawley PT team in our Nanticoke clinic on March 23rd! What a crazy time to take on a new job (during the middle of a worldwide pandemic) but Barry hit the ground running and is fitting in spectacularly in Nanticoke!

Here is a little bit about Barry...Barry was born and raised in the Mountain Top area. After completing high school Barry attended none other than Penn State University (Go Nittany Lions) where he received his under graduate degree and then proceeded to obtain his Doctorate in Physical Therapy from Northeastern University in Boston, Massachusetts! Barry began his physical therapy career in the Boston area before moving back to his roots in good ole NEPA. (FYI...I do not detect any remaining Bostonian accent at this time! LOL) Barry currently resides in Duryea with his wife Breanne and their daughter Makenna! Fun fact about Barry, he ran both the Boston Marathon as well as the Steamtown Marathon. Pretty impressive Barry!! Barry is also an avid Red Sox and Eagles fans! Barry's favorite body part/region to work on is the shoulder and when Barry is not busy working his magic on patients he enjoys hitting the outdoors for a good run or hike!

If you see Barry, please give him a warm welcome!!

## Team Member Spotlight: MS. KASEY WASYLYK



This month we shine the spotlight on another newcomer to the team. Please join me in welcoming Ms. Kasey Wasylyk! Kasey is no stranger to NEPA. She was born and raised in the Sweet Valley area. Upon completion of high school she ventured off to Conway South Carolina where she earned her Bachelor's Degree in Exercise Physiology. From there, Kasey furthered her education at Logan College of Chiropractic and University Programs where she obtained her Master's Degree in Exercise Science and Rehabilitation. Kasey will be leading the charge as our new PT Technician (aka exercise expert) and front desk position in our Nanticoke facility. Kasey bring a warm smile and a ton of knowledge to her new position and we are certainly excited that she has joined the Cawley PT family.

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## New & Noteworthy

At the time of writing this newsletter, Luzerne and Lackawanna counties had entered into the Yellow phase of recovery! This is a good sign!! Among other things, this means the Covid-19 curve is fattening and that the number of negative and recovered cases is significantly outweighing the number of positive cases. We will hopefully be heading into the Green Phase shortly and be able to put all of this behind us! We are receiving numerous calls daily in all of our locations from patients who were on HOLD and are now ready to resume their therapy. The fear and anxiety is finally subsiding but we fully realize that safety is still paramount! Cawley PT and Rehab is still following all the CDC, WHO and state mandated guidelines as we navigate through these unprecedented times. If you missed our previous emails or videos we are taking every additional precaution to ensure each and every individuals health and safetee. This includes but is by no means limited to:

1. Cleaning and disinfecting door handles, light switches, faucets, mats, exercise equipment, etc
2. Applying hand-sanitizer or washing hands as soon as we get to work.
3. Applying hand-sanitizer or washing hand before and after eating and before returning to our work areas.
4. Sanitizing all work stations with Clorox wipes or Lysol or Cavicide before and after working.
5. Taking patient and staff temperatures
6. Washing our hands before and after seeing patients.
7. Using gloves, if needed, while treating our patients.
8. Cleaning and disinfecting our work station with Clorox wipes or Lysol or Cavicide before we leave.
9. Apply hand-sanitizer and/or wash hands when departing the clinic.
10. Wearing our masks and have plenty of masks available for our patients
11. Seating is maintained at a 6 foot minimum



If you would like to get back on the schedule just give the office a call at 570-208-2787 and we would be more than happy to accommodate you! We will handle everything with your doctor's office so all you need to focus on is getting better.

## Cawley PT PSA

(Pubic Service Announcement)

**BUY LOCAL**

Please remember during this difficult time to support your local family/community based business! We have been fortunate to work with so many wonderful companies and people in both Luzerne and Lackawanna Counties over the last 17 years. These local businesses provide jobs and benefits for many people and their families! Now, more than ever, these businesses, their employees and their families need one another and you!

July is a special month for many reasons in the good ole' US of A! Many families take vacations, BBQ, fireworks, enjoy backyard gatherings and much more... July is also a month in which the United States of America celebrates it's Independence Day. The United States of America will celebrate it's 243rd anniversary of freedom, liberty and the pursuit of happiness. The team here at Cawley Physical Therapy and Rehab would like to take this time to thank all of the brave men and women who have served and are actively serving to preserve this freedom and for providing us with opportunities some people only dream of!

## CONGRATULATIONS TO OUR PATIENTS!

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

Skye Fedkenheuer • George Weitz • Sarah Tronsue • Ralph Datto

## CONGRATULATIONS MISSPELLED WORD WINNERS

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

Diane White • Gerry Marriggi

## Patients of the Month

Congratulations to all of our patient of the month recipients for May! We are so excited for your success and to see you getting back to doing the things you love!

**Pittston Office:** "I hurt my back in December, didn't think I would ever get better but thanks to Tim and the staff at Cawley I was better in two weeks. It's family here everyone is super sweet and cares about your needs. Thank you so much Tim and staff." — Heather Goyne



**Scranton Office:** "The staff was very helpful. They cared about your success and were very attentive to your proper performance of your exercises. Everyone was always present and was glad to see you. This is the 3rd time I was here for different problems and I've always benefited from therapy. I would recommend Cawley Physical Therapy to anyone who has a problem." —Edward Schultz



**Kingston Office:** "My knee injury was the worst injury I have ever had. The support I had from every staff member was very strengthening. All of the exercises helped, and now I am on my way. I will continue the exercises and never will I forget how great the journey to this moment was. This place is a great place with great staff, and great people. Everyone has supported me, helped me, and I will not take that for granted. My knee is strong now, and I can not thank everyone enough. If I ever need physical therapy again, I know who to call. Thank you so much from the bottom of my heart" —Alison Mazur



**Carbondale office:** After seeing an add on facebook for Cawley Physical Therapy and Rehab for loss of balance, I decided to try their program. I have had a severe balance issue stemming from my motor vehicle accident 11 years ago. I experienced numerous falls and near falls. With a program put together by Dr. Megan Kraft, I slowly began to overcome my stability. Slowly my balance improved. I can now walk and climb steps without the fear of falling. Dr. Kraft addressed a nagging neck and back pain also, these were helped immensely. I suggest anyone having problems to come to one of the facilities and see how you can be helped as I was. My time spent in therapy has increased the quality of life I haven't had for such a long time. I feel a big relief from the pain I have had to endure for such a long time" —Darrin Smith



**Nanticoke Office:** "My experience at Cawley was awesome!!! The whole staff was personable and professional. Believe them when they tell you things will feel worse before they feel better, but trust the process! I am now able to perform all daily living tasks with ease and without pain or discomfort. I would recommend Cawley Physical Therapy to anyone, and they will be my first choice if I ever need Physical Therapy again in the future. Thank you for the excellent care, Cawley!" —Rachael Crills



## Results you can see



Pictured from Left to Right; Happy Cawley PT Graduate, Jennifer Whitlock and Gloria Eynon, PTA, Scranton office Clinical Director.

The staff at Cawley Scranton are wonderful. Jordan, Gloria & Anna make you feel like family. They are warm and welcoming and also funny which really makes your sessions fun. I started my injury journey by tripping in a pothole! The work they have done over the last few weeks has gotten me from wearing a boot & ankle brace to being able to run up and down the steps. Thank you for all you have done. — Jennifer Whitlock

## Team Member Spotlight: MS. KASEY WASYLYK

Continued from front cover.

Kasey has given personal fitness training to clients as well as taught group fitness classes including: strength and cardio, silver sneakers, active older adult, older adult aquacise, youth aquacise, and youth swimming lessons.

When Kasey is not busy taking patients through their exercises or answering the phones she enjoys spending time with her boyfriend Josh and building/remodeling things. Kasey also enjoys dabbling in real estate! Kasey has 2 older brothers and a 1 year old golden retriever named Nellah! Join us in welcoming Kasey to our family!



Cawley Physical Therapy & Rehab offers Aquatic Therapy in Scranton and Pittston locations!

1150 S Main Ave • Scranton, PA 18504  
33 N Main St • Pittston, PA 18640

**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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Rotator Cuff and Shoulder Pain • Spinal Stenosis Therapy • Accident Claims • Work-Related Injuries • Aquatics Therapy • Laser Therapy  
Neuropathy Treatment • Graston and Cupping Therapy • Concussion Management • Motor Vehicle Injuries

# ROTATOR CUFF & SHOULDER PAIN CONSULT



**We are offering FREE CONSULTATIONS for 17 LUCKY PEOPLE to be held June 20th to July 3rd 2020 at all of our office locations!**

**Details Inside!**