

New & Noteworthy

Our Pittston clinic recently hosted a **Free Open House Laser Consult Event** on July 28th! This event was completely filled and “sold out” with numerous people being turned away or scheduled for later dates! For those who were able to secure a spot they had the opportunity to experience the amazing power of healing using “light wave therapy”.

Our Class IV (4) laser is the only one like it in a PT clinic in all of Luzerne county. Some of the immediate results were nothing short of amazing! Pain levels reduced from a 7-8/10 down to a 2/10. Increased mobility or range of motion not seen since being in their 40's (now 73). This is not out of the ordinary!! This is actually quite common and more the norm than not. We even offer this amazing treatment for FREE on the very 1st session! We do this just to prove that this is not a gimmick and this device truly is a remarkable component/tool that the team here at Cawley PT in Pittston uses to resolve our patients pain and improve their quality of life FAST!!!



Due to the popularity of this event we are doing something very special for everyone in August!! Take a look at our insert and what ever you do... Please do NOT wait to call to save your spot!!

Team Member Spotlight: MS. AMY WALSKI

Our Team Member Spotlight for this month is no stranger to being in the spotlight! After all, she is like a movie star at this point! Amy Walski, our rockstar Billing Assistant who is often behind the scenes in Pittston has had a pretty amazing journey over the last 6 months! Amy, after years and months of struggling to lose weight and keep the weight off, opted to undergo gastric by pass surgery! In September of 2019, Amy went through with the surgery and has never looked back since! She has lost an amazing 92#s and continues to lose weight through healthy eating, good sleeping habits and exercising or moving on a regular basis! She has tons of energy now and her self confidence is at an all time high!! Bonus... She is no longer a diabetic and is off all her diabetic and hypertension drugs! WOW... Amy will be the first to admit that this was not and is not an easy procedure and it requires hours and hours of education, dedication and family support. She is thrilled with her transformation and is no longer afraid to wait in lines at amusement parks worrying if she would “fit” into the ride.

Awesome job Amy! We are so happy for you and are excited for your transformation! It is truly remarkable! One thing that has not changed is the type of person Amy is on the inside! Kind, caring, compassionate to name a few! Keep up the great work! You are inspiring to others



Before



After

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 June/July!

Michael Boncheck • Kathy Cawley • Frank Cawley • Nicole Nicolai • Sheryl Carl Megan Kraft • Sam Shaver • Sandra Cumberland • Gregory Thompson • Jodi Karnes

CONGRATULATIONS MISPELLED WORD WINNERS

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

Patricia Boncheck • Nina Wilbur

Results you can see



Pictured from Left to Right; Caitlyn Dymond PTA, Happy Cawley PT Graduate Sandy Firestine, and Dr. Heather Marsico DPT

“The staff at Cawley Physical Therapy in Kingston are all very friendly and knowledgeable. I came here for whiplash and had a lot of neck pain and headaches. I also couldn’t sleep. My entire visit was during the Covid-19 pandemic. The staff did a wonderful job helping me feel better and I had an enjoyable experience coming here. I thought my neck pain was permanent, but these therapists kept working on me and I am now 100% pain free. They have totally restored my faith in physical therapy. I highly recommend Cawley Rehab.” — Sandy Firestine

Patients of the Month

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

Pittston Office: “I ran the Steamtown marathon in October, 2019, shortly after I was experiencing Achilles soreness and inflammation. I started with physical therapy sessions and various exercises that started to strengthen my affected area. The Cawley staff was amazing and extremely kind and caring. Finally, I did laser therapy for several sessions and that was the final touch. My Achilles feels great and I’m gearing up for the July 26th strive triathlon in drums. The experience here was incredible from beginning to end. Truly grateful.” — John Gordon



Scranton Office: “Could not fall asleep because of the pain. Just one week into exercising and therapy and I felt relief. Walked out feeling great, and all the staff were great. Highly recommend!” —John Rencavage



Kingston Office: “The entire staff has been very professional, very helpful, and my back feels like it was never hurt. I would definitely recommend Cawley Physical Therapy for anyone needing any type of therapy. Thank you very much for your help.” —Bill Sims



Carbondale office: “Everyone was very helpful and very professional.” —Jim Mangan



Nanticoke Office: “When I came to Cawley I experienced difficulty getting up and down from the floor, entering and exiting my car, I also felt pain radiating down the front of the leg while active. Completing the program I can report considerably better flexibility, no pain level, and can get up and down from the floor with a plan that allows me to do this. The staff is the best. I give Cawley an A+ overall, thank you! My evaluation evidenced the improvement from arthritis to normal range, I am grateful.” —Sandra Cumberland

Pineapple Salsa Grilled Chicken

Fruity salsa brightens up this simple grilled chicken.
4 SERVINGS • PREP: 10 MINS •
TOTAL: 2 HOURS 25 MINS



INGREDIENTS

- Juice of 4 limes, divided
- 1/4 c. plus 1 tbsp. freshly chopped cilantro
- 1/4 c. extra-virgin olive oil, plus more for grill
- 2 tsp. honey
- Kosher salt
- 1 lb. boneless skinless chicken breasts
- 2 c. chopped pineapple
- 1 avocado, diced
- 1/4 red onion, diced
- Freshly ground black pepper

DIRECTIONS

- Make marinade: In a large bowl, whisk together juice of 3 limes, 1/4 cup cilantro, oil, and honey and season with salt.
- Add chicken to a large resealable plastic bag and pour in marinade. Let marinate in the refrigerator for at least 2 hours, or up to overnight.
- When ready to grill, heat grill to high. Oil grates and grill chicken until charred and cooked through, 8 minutes per side.
- Meanwhile, in a medium bowl, stir together pineapple, avocado, red onion, remaining lime juice, and remaining tablespoon cilantro. Season with salt and pepper.
- Spoon salsa over chicken before serving. Yum!! Enjoy!!!