



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

PITTSBURGH 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 & Back Pain Treatments • Sports Medicine • Knee Replacements • Sciatica Treatments
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 SUFFERERS

We are offering **FREE**
ROTATOR CUFF & SHOULDER PAIN CONSULTATIONS
for 10 LUCKY PEOPLE
for the month of October at all of our office locations!

Details Inside!



SEP/OCT 2020

Clinic Update

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FREE CONSULTATIONS

**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.

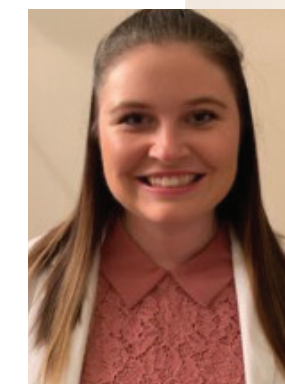
Team Members of the Month:

You know....Sometimes in life there are just very tough choices to make! Like... Who will I marry? What dress do I wear to the high school dance? How many children do we have? Should I eat that last brownie? Do we need a will?

For this month my dilemma and "tough choice" was what amazing Cawley PT team member to choose for the prestigious "Employee of the Month Award"! Now I know this may fail in comparison to some of those other questions noted above! Although, deciding to eat that last brownie is a pretty tough one! LOL!!! I simply could not choose this month! I could not choose because every team member of Cawley PT has been and continues to be simply outstanding the last several weeks! We have had a number of team members turn it up a notch! We had many people on vacation so several staff worked 50+ hours to ensure that the needs and goals of all our VIP's (you) are both met and hopefully exceeded! We had a few team members who had family emergencies or issues and their fellow team members covered their shifts/patients! The list goes on and on!

Since this choice was so difficult and I want to be sure everyone and all offices are recognized I have decided to pick one person from each office to be recognized this month!

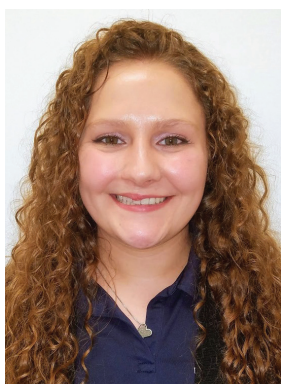
So here you go:



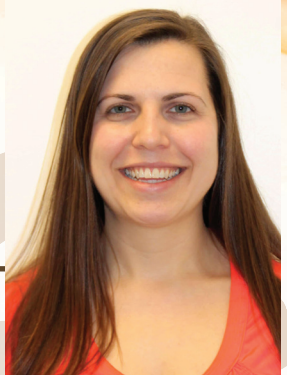
CARBONDALE
Dr. Megan Kraft
"Team Leader
Carbondale office"



SCRANTON
Gloria Eynon
"PTA and
Clinic Director
Scranton office"



PITTSBURGH
Candice Purnell
"PTA and Miss I will do
60 hours a week
if you need me to"



NANTICOKE
Alyssa Opiary PTA and
"Rockstar"



KINGSTON
Dr. Heather Marsico
"DPT and Kingston
Team Leader"

New & Noteworthy



Fundraiser Just Finished:

The family here at Cawley PT and Rehab recognizes the tough times and difficult decisions families need to handle in lieu of the recent Covid-19 pandemic! We wanted to be sure and do our part and help out any way we can. All the Cawley PT offices including staff and our amazing patients took up collections of various clothing items for people in need. These items include pants, shirts, sweaters, jackets, sweatshirts and much more!

Check out this Jeep load of clothes!! Pretty awesome!! The Cawley PT family including staff and patients want to do our part to ensure that during tough times like these, our neighbors, freinds and families have what they need!

Thank you to all those who participated and donated.

Team Member Spotlight: MR. ANTHONY CARACHILO PTA

Unlike the "Team Member of the Month" decision, the Team Member Spotlight was an easy one! This month's rockstar award goes to none other than Mr. Anthony Carachilo PTA in our Pittston and Carbondale offices! Anthony is a native of the Carbondale area. He was born and raised there, played foot ball there and continued to coach there in his spare time! Anthony continues to reside their and raise his own family in Carbondale! Anthony joined the Cawley PT family March 31st 2017! He was a student with us during one of his PTA clinical rotations and his talents and witty personality were quickly recognized! We knew we could not let this one get away! Several things have changed with Anthony over the last 3-4 years! Change is often difficult and can be good or bad. I n this case, it is all good. His skill level has sky rocketed. His confidence with patients has grown. His ability to listen and understand what his patients are going through is unmatched. He is now taking on and teaching other PTA students. How rewarding!! Most important, Anthony is a continual learner and always strives to be better today or tomorrow than he was yesterday! What has not changed is Anthony's clever sense of humor and personality. He has some of the best one-liners I know! (Some may be a bit beyond PG-13 but that is besides the point!" LOL...



If you happen to see Anthony today or this week, be sure and congratulate him on being this months Team Member Spotlight winner. To the Cawley PT team, he is a winner every day!

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 August!

Jesse Thorne • Jennifer Brockway • Barbara Kitchen • Pat Heck • Mary Claire Kelly
Michelle Casey • Sandy Firestone • Dawn Wisnewski • Marge Macart • Claire Festa

CONGRATULATIONS MISPELLED WORD WINNERS

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

Jeri Jecen • Beth Mctavish • Rick Kipp

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: "The therapists were very helpful from the time when I first came in to my last session. I had pain in the middle of back. Because of the help I received here my pain is gone. The staff was very professional and friendly. If you need PT, this is the place to go!" — Paul DeLaney



Scranton Office: "I saw the free screening on Facebook and decided to get some relief for my shoulder. I thought I had a tear in my cuff, but after being examined I was told it wasn't a tear which was a relief. I remember my first couple of sessions I wasn't able to lift a 4LB weight without pain. Now 3 short months later I am back to full strength and thrilled with my progress. The ladies in the office made my journey pleasurable and swift. Hats off to them!" — Allen Ancherani



Kingston Office: "The staff was AWESOME here in Kingston!!! I'd definitely recommend others here! I wish them all the best for always. Thank you for helping me with my pain! If it starts up again, I'll be sure to come back!" — Edith Ali C.



Carbondale office: "All the staff was amazing! Megan is so smart and intuitive. She truly understands what you are feeling and knows exactly what to do. I feel so much better and can do my daily tasks again! Thank you to all at Cawley PT in Carbondale." — Jim Conarton



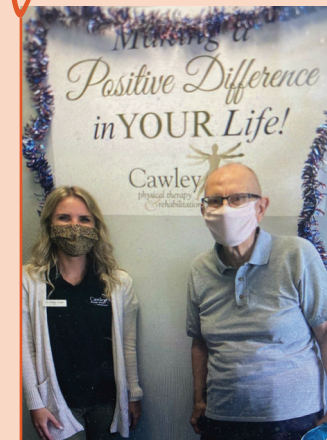
Nanticoke Office: "When I started my foot really hurt but now I'm all better thanks to everyone for helping me feel better." — John Quinn III



Results you can see

"After 6+ weeks of treatments I find my arm greatly improved. The staff was very courteous and helpful. The home exercises given seemed to help a lot! I hope I do not need PT again but if I do, I know where I will go!"

— Roy Pauli



Pictured from Left to Right; Dr. Jordan Liptak and Happy Cawley PT graduate Roy Pauli in our Scranton location.

Gingery Chicken & Spinach Stir-Fry

4 SERVINGS • TOTAL TIME: 20 MINS

Nutritional Information (per serving): Calories 430; Protein 34g; Carbohydrate 39g; Total Fat 15g; Saturated Fat 2g; Dietary Fiber 5g; Sodium 685mg.

INGREDIENTS

- 2 garlic cloves
- 1 tbsp. fresh ginger
- 1 1/4 lb. boneless, skinless chicken thighs
- 2 tbsp. yellow or white miso
- 10 oz. prewashed baby spinach
- 3 c. brown rice
- deep 12-inch skillet

DIRECTIONS

- Cook 3 cups brown rice according to package directions. While the rice cooks, start prepping.
- Chop 2 cloves garlic. Peel and chop 1 tablespoon fresh ginger. Set aside.
- Coarsely chop 1 1/4 pounds skinless, boneless chicken thighs. Set aside.
- In a deep 12-inch skillet, heat 2 tablespoons canola oil, chopped garlic, and chopped ginger on medium. Cook for 3 minutes, stirring.
- Add chopped chicken, 1/4 teaspoon salt, and 1/4 teaspoon ground black pepper. Cook for 4 minutes.
- In a small bowl, whisk 2 tablespoons yellow or white miso and 2 tablespoons water until smooth. Add to skillet.
- Add 10 ounces prewashed baby spinach to skillet. Cover and cook until the spinach begins to wilt, about 3 minutes. Stir occasionally.
- Serve chicken and spinach with brown rice.

