

Cawley
physical therapy
& rehabilitation

Clinic Update

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



PITTSSTON 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
63 S. Main St • Suite 200 • Carbondale, PA 18407

WILKES BARRE OFFICE: 570-307-2775.
40 W. Northampton St. • Wilkes Barre, PA 18701

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CawleyPhysicalTherapyRehab



SPECIALIZING IN: Orthopedic Care • Neck & Back Treatments • Sports Medicine • Knee Replacements • Shoulder/Rotator Cuff Recovery • Sciatica Treatments • Stenosis Therapy • Osteo Prevention • Auto Accident Claims • Work-Related Injuries • Aquatics PT • Class IV Laser Therapy • Slip & Fall • Cupping & Graston Technique • Coming Soon (Dry Trigger Point Needling) • And so much more!

CLINIC EVENTS

FREE SHOULDER PAIN CONSULTATION WEEK

Monday, June 14th through Friday, June 18th
Daily 7am-6pm • Limited to first 17 registrants!!
All locations including our new Wilkes Barre office at 40 W. Northampton Street, Wilkes Barre, PA 18701 (Inside the Wilkes Barre YMCA)

Not currently having shoulder problems but have some other ache/pain/problem??
Give us a call and see how we can help!!

570-208-2787

Team Member Spotlight:

MS. ALEXIS MURDOCH

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are just a few of the many attributes that will help propel her too a long and successful career in the field of physical therapy! Alexis plans to continue to work part time with the team here at Cawley PT while attending school and we are grateful to have her.

If you see Alexis, please congratulate her and wish her well as she begins this new journey! We are all super proud and happy for her! Way To Go Alexis!!!!!!

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FREE SHOULDER PAIN 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 Member Spotlight: MRS. MELISSA GYLE

This months Team Member Spotlight shines on one of our newest Cawley PT family members!! Although she has only been part of the team for a few months it seems like she has been here forever. Please join me in welcoming and congratulating Mrs. Melissa Gyle as our new Wilkes Barre Office Lead Front Desk and PT Technician!

Melissa joined the Cawley PT team back in April 2021! She hit the ground running and was super quick to pick up on the skill set and qualities necessary to fulfill this position! Melissa is patient, kind, caring, motivated and a dedicated team member. Melissa's prior experiences in the medical field as a health care aide has provided her with the foundation for compassion and the understanding necessary to meet and exceed the needs and goals of our patients!

When Melissa is not busy hustling around the Wilkes Barre office she enjoys spending time with her husband Josh and their three children Ryan, Claire and Josh Jr. Gyle family are pet lovers with 3 dogs and 2 kittens. Melissa and her family love the great outdoors of NEPA and enjoy hitting the trails on their quads. They also enjoy spending time with family doing game night and as a bonus she is a proud fan of the Pittsburgh Steelers!! Go Steelers!!!

If you see Melissa, please give her a big high five and welcome her to the Cawley PT family! We are excited and thankful to have her join us!



Team Member Spotlight: MS. ALEXIS MURDOCH

This month(s) team member spotlight goes out to a very special young lady in our Pittston clinic. Ms. Alexis Murdoch is our team member spotlight rockstar for our June/July edition! Alexis has been a part of the Cawley PT team since August 2019. Alexis is our lead Physical Therapy Technician and so much more!! Alexis joined us after graduating from Keystone College (Go Giants) with her Bachelors in Biology. Alexis knew she would one day further her academic career and thought the PT field was the way to go! Alexis joined us to gain some experience with the hopes and aspirations of one day returning to college and pursuing the field of physical therapy! Well.....We are proud and excited to say that those dreams have been realized and accomplished for Alexis. Alexis was recently accepted to the Penn State University Hazleton campus Physical Therapy Assistant program where she will pursue her dream and future career as a physical therapy assistant!

We can not express how proud and excited we are for her. We already know that she will make a tremendous impact in the PT field and are thrilled to see her begin this journey. Alexis' compassion, knowledge, dedication, and people skills *continued on back page*



New & Noteworthy



In case you missed it...We have some pretty exciting news!!! Cawley PT and Rehab has opened a new office! On May 3rd 2021, we opened our sixth location in NEPA which is located in the Wilkes Barre YMCA. We are located at 40 W Northampton Street in Wilkes Barre and can be reached at 570-307-2775 or better yet just stop in and visit us! We are super excited to have the opportunity to be in Wilkes Barre and collaborate with the amazing team of caring professional at the Wilkes Barre YMCA! Our team of Dr. Cody Tsevdos, Frank Cawley MPT, and Melissa Gyle are ready and willing to provide PT and rehab to people from the city of Wilkes Barre and the surrounding communities!



Also, not to be outdone by the opening of our new Wilkes Barre office but our Carbondale office recently moved into its new home located at 63 South Main Street Suite 200 in Carbondale!! Conveniently located right off the corner of 8th and Main street, we are super excited to call this brand new building home! This beautiful new location is also home to the brand new Wine and Spirits Store.

Our team of Dr. Jordan Gay DPT, Anthony Carachilo PTA, and Dylan McElhenny are ready willing and able to serve all the people of Carbondale and the local communities.!

Clinic Event: Some exciting news regarding two of our therapists that we just have to share!!!

Recently Dr. Mike Bilski lead PT at our Scrantun office and Cawley PT owner Frank Cawley completed an extensive nearly 40 hour continuing education course hosted by Mid Atlantic Manual Therapy Consultants.

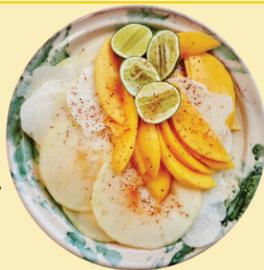


Dr. Mike and Frank learned tons of new hands-on techniques and skills that they are excited to share with fellow team members and utilize on their patients! These proven techniques are certain to reduce/eliminate pain faster, restore mobility rapidly and most important, get you back to the things you love do quickly!

Congratulations to both Dr. Mike and Frank on completing this intense course and becoming Certified Manual Neurodynamic Therapists (CMNT)!!



HONEYDEW, JICAMA & MANGO SALAD



Just in time for Summer...

YIELD: 4-6 servings

INGREDIENTS

- ½ small honeydew or Snow Kiss melon (about 1½ lb.)
- 1 small or ½ large jicama (about 14 oz.), peeled, thinly sliced into rounds
- 1 ripe but firm mango, peeled, thinly sliced
- ¼ cup fresh lime juice
- Kosher salt
- Tajín Clásico seasoning and lime wedges (for serving)

PREPARATION

1. Using your hands, pull out some seeds from melon half (you don't want to ruin the round shape of the inside by scooping with a spoon). Place a cut side down and remove rind by slicing down along the curve of the melon with a sharp knife, rotating as you go.
2. Using a mandoline or a sharp knife, thinly slice melon into rings.
3. Toss melon, jicama, and mango on a platter with lime juice; season generously with salt. Sprinkle with Tajín, and serve with lime wedges and more Tajín

CONGRATULATIONS TO OUR PATIENTS!

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

Guilianna Latona • Jerome Stanco • Jon Hicks
Brandi Edwards • Allan Gallo • George Lombardo
Elizabeth Santacrocce • Patricia Smith • Joyce Mitchell
Donna Davis • Kathy Orr • Jeffrey Dolney
Christina Danko • Virginia Motyka • Claire Cardillo
Jomayra Velez • Eric Martinborough • Robert Heck

CONGRATULATIONS MISPELLED WORD WINNERS

Thanks to all of you that participated in the misspelled word contest. Congratulations to our May Winners:
Barbara Greenburg • Stanley Greskiewicz
Gerald Marrigg

Patients of the Month

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

Pittston Office: "Came in with little movement and pain in my right shoulder. The pain kept me up at night and with the help of Tim and the Cawley team I was able to return to everyday activities and normal sleep. I cannot thank the whole team enough for their care. GO BROWNS!!!" – Michael P.



Scranton Office: "Hi, my name is Anthony. I saw AD on Facebook. I knew I had trouble with my shoulder (left) so I had my doctor refer me to Cawley Physical Therapy. I met Jordan, she examined me. I was unable to lift heavy objects, my shoulder was that much pain. Giving me core exercises over a long period of time, working with massage and stretching. The experience was overwhelming. They really helped bring the pain level down. I was able to do a lot more things like lifting, stretching. I would recommend anyone. If you have pain come to Cawley Physical Therapy. They are truly helpful, friendly, and always here if you need them.!" – Anthony S.



Kingston Office: "I have had issues with walking for ten minutes consecutively, now I can walk for twenty minutes consecutively! I can now lift forty pounds without pain and I'm able to return to work full duty. Thanks to the friendly staff for helping me to heal and go back to living my life. In the summer I plan to walk as much as possible, I am now motivated to achieve my dreams without being held back by pain." – Tabitha C.



Carbondale Office: "The staff at Cawley Physical Therapy here in Carbondale have been wonderful! I would highly recommend anyone to do their therapy here. I look forward to doing my therapy every visit with Cody and Dylan in the Carbondale Clinic!" – Kathy M.



Nanticoke Office: "When I first came to Cawley Rehab I was having back pain for 5 months. With each therapy session, I began to feel less pain and have more mobility. The entire staff would teach me exercises to complete which in turn kept me limber. Their support, compassion, and professional attitude always made me feel they cared for my health and eventual recovery. Today as I graduate from the program, I can say I am more active and have become stronger. Thank you all! I would recommend Cawley Rehab to anyone experiencing pain or after having surgery." – Deborah H.



Results you can see

Women's Wrestling
Olympic Team Trials!!!
Wow!!! Way to go Maya!!!



Pictured from Left to Right; Caitlyn Dymond PTA, Maya Nelson Olympic Team Athlete and happy Cawley PT grad, Dr. Heather Marsico DPT, and Annsley Dicton Front Desk Coordinator

"My time here at Cawley has been absolutely amazing! I was healing from a labral tear in my left shoulder I sustained as a result of a wrestling injury. When I first got here I told the Cawley staff that my goal was to be healthy and be able to compete at the Olympic Team Trials.

Without the help of Cawley I would not have been able to reach that goal. I love every one of the staff! I couldn't have picked a better team to help me on my way. I will never be able to thank you enough! Thank you so much Cawley's!"

– Maya Nelson
(Women's Wrestling Olympic Team Trials)