

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
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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

FUNDRAISER

Cawley Physical Therapy and Rehab is excited to help support Mrs. Katie Callahan and all the runners participating in the 2021 Ryan's Run. This is such a great cause!! Here is what Katie had to say about her upcoming adventure and Cawley PT's participation in her preparation!!

"The aches and pains of training for Ryan's Run (RR12) have arrived for me...and some are crying from places on my body that I wasn't expecting. To the rescue is one of the key members of my 'strength & health team'---Cawley Physical Therapy & Rehabilitation. Frank Cawley and his team worked wonders when my mom needed some additional therapies over the years, and they were also there for me when I was suffering with some sciatica issues. So, when I committed to training for this marathon, Frank was one of the first people I called. I wanted his advice on how to take care of my-old & out of shape-self, and to ensure I was stretching properly and doing everything I need to be doing in order to keep me strong and healthy. And, when I told Frank WHY I was doing this run—for Allied Services and in memory of my mom—he and his family immediately donated to the cause and then was kind enough to share some of his advice with all of us. Thank you, Frank!—and Go Team RR12!" -Mrs. Katie Callahan (Marathoner) Best of luck Katie!! The entire Cawley PT family is cheering you on!

Here is the link for anyone wishing to donate to this very worthy cause!
<https://fundraisers.hakuapp.com/katie-callahan>



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Team Member Spotlight:

MS. KAYLA WICKERSHAM PTA

seeing each person reach their goals! Kayla's favorite body part to work on is the knee.

When Kayla is not busy working hard to help her patients reach their goals, she enjoys spending time with her boyfriend Zachary and their German Short Haired Pointer puppy Laney! Kayla's favorite sport is football and she is a big Steelers fan! Last, here is a favorite quote of Kayla, "Someday, everything will make perfect sense. So for now, laugh at the confusion, smile through the tears, be strong and keep reminding yourself that everything happens for a reason." - John Mayer. Welcome to the Cawley Team Kayla.

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FUNDRAISER - RYAN'S RUN

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: MRS. CAITLYN DYMOND PTA



She's backkkkkkkkkkkkk!!!! (This is not the misspelled word) LOL. This month's Team Member of the Month goes to Mrs. Caitlyn Dymond PTA. Caitlyn is our lead PTA in our Kingston office. For those of you who never met Caitlyn, she has been a superstar to the Cawley PT team since joining us in June 2014! She has been on maternity leave for the last 16 weeks after giving birth to her (and Dr. Tim Dymond-Pittston office) son Griffin, and is she now back in the saddle again and excited to start working with her patients!! Not sure where the last 7 years have gone but what we do know is that we are thankful to have Caitlyn on our team! Caitlyn graduated from Lackawanna College with her Associate Degree as a Physical Therapist Assistant and started working with our team fresh out of school in our Pittston office. She has since moved on to our Kingston office where she has worked side by side with her partner in crime Dr. Heather Marsico for the last 3 years. They are like the Wonder Twins!!

When Caitlyn is not working at the office she loves spending time with her baby boy Griffin, her husband Tim, and her two step children Jake and Esme. Caitlyn also enjoys tackling a challenging workout and going on a nice nature hike. Here is one of Caitlyn's favorite quotes: "Be kind whenever possible. It is always possible." - Dalai Lama

I think we can all relate to that quote! Welcome back Caitlyn! Your team and your patients missed you!!

Team Member Spotlight: MS. KAYLA WICKERSHAM PTA



The month of October is all about change!! Changing of the leaves color. Changing of the temperatures. Changing of the season! There is also some change at Cawley PT's Pittston office. We have added/changed some staff members including this month's Team Member Spotlight recipient Ms. Kayla Wickersham PTA. Kayla joined the Cawley PT family on September 20th 2021. Kayla is no stranger to treating patients as she has been a PTA for nearly a year and a half. Kayla graduated from Penn State University Hazleton campus in August 2019 with her Associates Degree as a Physical Therapist Assistant. Kayla passed her licensure exam with flying colors and immediately began working at a nursing home in Nazareth, PA. Kayla was looking for something more, as her true passion was to work in outpatient orthopedic physical therapy. Well good news came along for Kayla and for Cawley PT!! We were hiring and she was a perfect fit for the position. Kayla hit the ground running and is an incredibly fast learner. Kayla loves working with all types of patients and loves

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Clinic News/New and Noteworthy:

Our team is back at it again!! We have resumed our Free on site workshops!! What exactly is an On Site Workshop?? Glad you asked! Our On Site Workshop means we come to you. It may be your job, gym, senior center, apartment complex or anywhere that there is a group of people willing to listen, participate and learn! Each workshop includes a 30-60 minute presentation on topics including: Lower Back Pain and Sciatica, Shoulder Pain and Rotator Cuff Injuries, Foot and Ankle Pain, Balance and Dizziness, Knee Pain and Avoiding Surgery, Ergonomics in the Workplace, and Neck Pain and Headaches workshops. These 30-60 minute interactive workshops are perfect over a lunch hour and to fulfill health and safety credits. Additionally, they will assist to educate individuals, teams, job sites, and groups of all kinds on the common misconceptions of pain or injury, the exact cause of these issues, and most important, how Physical Therapy may assist in minimizing or preventing them!!

We recently visited the Carbondale Community Health and Aging Center to discuss Lower Back Pain and Sciatica as well as the Edwardsville Active Adult Center where we covered Knee Pain and Avoiding Knee Surgery!

Do you work somewhere or have a group that you would like us to come and talk with?!! Call our Director of External Marketing Karen Zier at 570-208-2787 to get your On Site Workshop set up today!! It is 100% Free!!

AUTUMN CHOPPED CHICKEN SALAD

Prep Time: 22 minutes
Cook Time: 8 minutes
Total Time: 30 minutes



Calories: 389
Servings: 8 as a side chicken salad

This Autumn Chopped Chicken Salad is loaded with crisp pears, tangy raisins, pecans, feta and juicy chicken! It's the perfect Fall Salad and this simple balsamic vinaigrette will win you over.

INGREDIENTS

- 1 lb chicken breasts (2 large) trimmed and halved lengthwise
- 1/2 tsp Garlic salt (or to taste)
- 1/8 tsp black pepper freshly ground
- 1 Tbsp olive oil
- 1 head romaine lettuce (8 cups chopped) rinsed and dried
- 2 pears cored and sliced
- 1 cup dried cranberries
- 1 cup pecans lightly toasted on a dry skillet
- 1/2 cup feta cheese (4 oz) crumbled

Balsamic Vinaigrette Ingredients:

- 3 Tbsp balsamic vinegar
- 1 Tbsp Dijon mustard
- 1 garlic clove pressed or finely minced
- 1/2 cup extra virgin olive oil (regular olive oil also works)
- 1/4 tsp salt
- 1/8 tsp black pepper

DIRECTIONS

1. Cut chicken breasts in half lengthwise so you have 4 thin cutlets. Season chicken cutlets on both sides with garlic salt and black pepper. Place a large skillet over medium heat with 1 Tbsp olive oil. Add chicken cutlets and sautee 3-4 minutes per side or until fully cooked through. Transfer to a cutting board and let chicken rest while preparing the salad then slice the chicken into strips.
2. Meanwhile, in a medium dry skillet, toast pecans over medium heat for 5 minutes, tossing frequently or until pecans are fragrant and lightly golden. Remove from heat and cool to room temperature.
3. In a large mixing bowl, combine chopped romaine, sliced pears, dried cranberries, toasted pecans, crumbled feta and cooked sliced chicken.
4. Combine dressing ingredients in a small mason jar. Cover with lid and shake vigorously to combine. If **any** separation occurs, shake again just before using. Drizzle balsamic vinaigrette over the salad, adding it to taste then toss to combine.

CONGRATULATIONS TO OUR PATIENTS!

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 and September!

Sarah Wescott, Nikolay Shmakov, Cheryl Castiglione, Thomas Szymanski, Heather Vinciarelli, Kimberly Scaltz, Raeann Hizny, Annika Lien, Gwendolyn Keezer, Rosella Fedor, George Manganiello, Joseph Cigna, Patricia Brzozowski, Michael Oncay, Janelle Kaczmarek, Robert Morgan, Michelle Salerno, Lucille Toole, Maure Parchinski, Stephen Svetovich, Alyne Scartelli, Maria Gregorski, Kevin Blake, Sara Diaz, Catherine Parsons, Jacqueline Cavage, Antoinette Cavage, Robert McElhenny, Jacob Bacon, Eugene Laroche, Butch Bacon, Justin Brojakowski

CONGRATULATIONS MISPELLED WORD WINNERS

Thanks to all of you that participated in the misspelled word contest. Congratulations to our August Winners:
Joan Zaneski • Diane White • Louise Ham



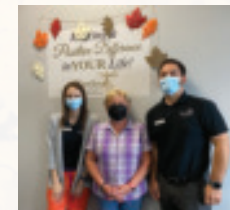
Patients of the Month

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: "In July I fell on my right shoulder while trimming a tree. The doctor at the emergency room and my own doctor felt it would be at least six weeks before I could do much or play golf. They both recommended therapy and so I thought I would give Cawley Physical Therapy a try. Progress in the form of strength and flexibility returned in a matter of three weeks and I was back on the golf course. I couldn't believe it and I am thrilled with the results. I want to thank all of the therapists and their system of getting things done. I appreciate it very much." - Michael Wills



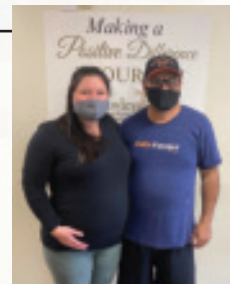
Scranton Office: "I started PT with severe back pain. Within 2 visits, I was feeling wonderful. In the process I developed trouble with my neck. The headaches were horrible, again after 2-3 sessions headaches and shoulder pain disappeared. I never had rehab before, so this, my first experience was absolutely wonderful. Your well educated staff was terrific. They show such concern for us coming to rehab. All are such a value to Cawley Rehab. I would and will strongly recommend Cawley. Thank you! Mike, Gloria, Jewel, Dylan, and Anna - all assets to your rehab. Again, I would recommend Cawley ALWAYS!" -Susan Yanchik



Wilkes-Barre Office: "Since coming to Cawley PT in Wilkes Barre my balance has been much better and my ankle pain is nearly all gone. Dr Cody makes therapy fun and enjoyable! Not going to lie, I learned a lot from him and did not mind coming to therapy because it was actually fun! I am now ready to get back to wrestling and work towards my goal of becoming a UFC fighter. Thanks Cody and Cawley PT, I could not have done it without you!"
Ps: Cody you need to work on your stance because you would be an easy take down! LOL... -Claire Gyle



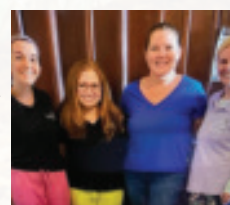
Carbondale Office: "Had issues with knee and hip pain. It was an excellent experience to be discharged without any pain, the staff were professional and knowledgeable. It was a pleasure to meet people that really care about their patients. At the end I met all of my goals of "No Pain". Thank you for all your hard work to make my life so much easier!" -Joseph M.



Nanticoke Office: "My pain started in my lower left back, radiating down my left leg. At this time, the pain is no longer there! Excellent, friendly staff. I must say, very handsome and beautiful people. Thank you for helping me!" - Cathy L.



Kingston Office: "From the first visit everyone was so welcoming and friendly. I never realized how much relief I could get from therapy on my jaw, neck, and shoulders. The girls were always trying new ways and giving advice on keeping me pain free. I will definitely come back here for any therapy needs in the future. The entire office is very hard workers and deserve a monthly spa day!"



-Jennifer Ardoline

Results you can see

Thanks, Cawley!



Pictured from Left to Right; Happy Cawley PT graduate Latoya W. and Dr. Cody Tsevdos DPT Wilkes Barre Clinical Director.

"Hello everyone, This is my first time ever having to do physical therapy. I found out I had a pinched nerve. It started our uncomfortable and painful! As time passed I started feeling better and better each PT session. I have to say, besides Cody and Melissa being there for my Physical Therapy they were also always there to lend an ear and listen to what I had to tell them! They were both just great and really made my day! I can now honestly say that I have "therapy friends"! Thank you Cawley PT!"

Latoya W.