



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

33 N. Main St. • Pittston, PA 18640

840 W. Market St. • Kingston, PA 18704

160 S. Market St. • Nanticoke, PA 18634

1150 S. Main Ave. • Suite 101 • Scranton, PA 18504

44 N. Scott St. • Suite 2 • Carbondale, PA 18407



**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**

# LASER CONSULT EVENT

**We are offering FREE LASER CONSULTATIONS  
for 17 LUCKY PEOPLE  
to be held August 1st - 31st, 2020  
at all of our office locations!**

## Details Inside!

AUG/SEP 2020



# Clinic Update

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## Rotator Cuff & Shoulder Pain Consult Event

**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:

August and September are special months here at Cawley Physical Therapy and Rehab! Special for many reasons but more specifically it is special because we have not ONE but TWO Team Members of the Month!

**DR. JOSH MCDERMOTT**


First up, please meet Josh McDermott! Josh is no stranger to Cawley PT! Josh joined the team roughly 2 years ago assisting our night crew as a part time physical therapist assistant in our Pittston clinic. More recently, Josh came aboard full time and is assisting our teams in both Pittston and Kingston offices. Josh is a graduate of the Penn State University Hazleton PTA program! Josh completed his studies in 2016 and has been working in the field ever since. The Cawley team recognized the value and knowledge Josh brought to the table and were able to bring Josh to the family! Josh's favorite body part to work on is the lower back and pelvis area!

Josh is a HUGE outdoorsman! Any chance he gets you can find him (or not) out in the great outdoors of NEPA either fishing or hunting! Josh also is a big sports fan. Josh is a "Cheese Head". His favorite team is none other than the Green Bay Packers!! Josh also is a pet owner. He has two dogs (Storm and Deacon) as well as two cats (Benny and Ned).

If you see Josh please join me in welcoming him to the Cawley PT family full time!

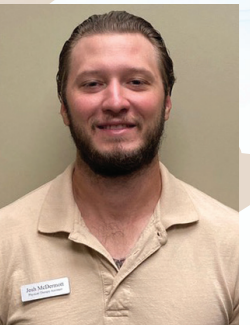
**MS. ANNSLEY DICTON**

Our second Team Member of the Month for August and September is Ms. Annsley Dicton! Annsley joined the Kingston crew in June of 2020! Annsley is leading the charge as our Front Desk Coordinator as well as filling the role as our PT Technician! Yes, she is doing 2 jobs!! Yes, she is up to the challenge and is crushing it right now!! Annsley is a graduate of Cabrini University located in Radnor PA. Annsley obtained her BS in Exercise Science and Health Promotions in May of 2020! After a brief stint at the Kingston Recreation Center Annsley joined the team and hit the ground running. Annsley has been a real rockstar and a welcome addition to the "all ladies team" of Caitlyn, Heather and Annsley in Kingston!

A portrait of Annsley Dicton, a young woman with long dark hair, smiling. She is wearing a black jacket over a light-colored top and a necklace. The background is a wooden door.

Annsley is a native of the area and was born and raised in Edwardsville having attended Holy Redeemer High School. When Annsley is not busy working, she loves to spend her spare time hiking or going on long walks with friends! She also enjoys a good afternoon nap when possible!! ZZZZZZZzzzzzzz..... Annsley is a huge fan of the Philadelphia E-A-G-L-E-S. Annsley is a big pet lover. She has several pets including a dog named Sawyer, two cats named Trump (she did not name him LOL) and Piper as well as a bunny rabbit named Beans!! Maybe your bunny and Cathy's bunny can play together! Hahahah...

Please join me in welcoming Annsley to the Kingston team!





## 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

## 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



Before



After

## 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

## Results you can see



Pictured from Left to Right; Caitlyn Dymond PTA, Happy Cawley PT Graduate Sandy Firestone, 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 Firestone

## 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 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!!!