



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

NANTICOK 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 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

Patients of the Month

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Nanticoke Office: "My experience at physical therapy has been excellent. The staff is friendly and knowledgeable to my needs. From day one I was treated very well. All my questions were answered, and my treatment plan was well rounded. I would recommend this facility to anyone. Thank you for helping get back to normal."

— Nancy C.



FREE EXAMS?!
CHECK OUT THE
SPRING INTO GOOD HEALTH EXTRAVAGANZA
DETAILS INSIDE!

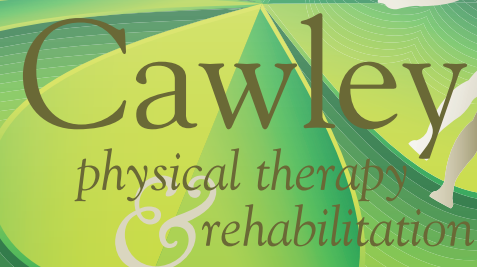
Results you can see



Pictured from Left to Right; Caitlyn Dymond PTA, Happy Cawley PT Graduate Jai H. and Dr Heather Marsico Clinical Director Cawley PT Kingston

"I came for TMJ, neck, and upper back pain. The pain in my jaw fluctuated between a 5 and a 7 daily. My neck and back were just always sore. The staff at Cawley PT in Kingston gave me all the tools to solve my issues. I will be keeping up with my stretches at home. The work they did at my in-person appointments has now made the pain non-existent. I am extremely grateful for how kind, compassionate, personable, and helpful the staff at Cawley has been to me. Lastly, I am forever grateful that my issues are solved."

— Jai H



Clinic Update

MARCH-APRIL 2021

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Misspelled Word Contest &
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SUCCESS STORY:
Results You Can See

Spring Into Good Health
Extravaganza

**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.



We would like to take a moment to wish each and every one of you a Happy St. Patrick's Day! Everyone from Luzerne and Lackawanna counties knows that you do NOT have to be Irish to celebrate on March 17th!

AN IRISH BLESSING

May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face;
the rains fall soft upon your fields and until we meet again,
may God hold you in the palm of His hand.

Team Member Spotlight:

KAREN ZIER, DIRECTOR OF EXTERNAL MARKETING

The Team Member of the month for the months of March/April is someone that many of you may not see. She is behind the scenes and keeps all of our therapists and staff busy. It is kind of like the Wizard from the Wizard of Oz. They are working their magic but rarely pull back the curtain to see who it is! Well we are going to pull back the curtain and share Ms. Karen Zier, our March/April Team Member of the Month with all of you.

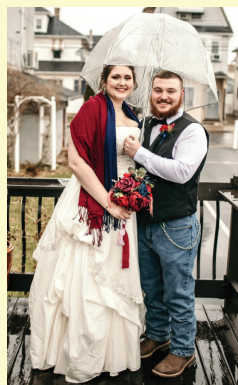
For those of you who never met Karen, she is our Director of External Marketing. She is rarely in the office and if you are lucky you may catch a quick glimpse of her passing by in one of the offices. Karen is usually out on the road meeting with Doctors, Nurses, Physician Assistants, Nurse Practitioners and more. She very well may be one of the reasons you ended up coming to our office! Who knew right?? LOL... Karen works tirelessly meeting with healthcare professionals across Luzerne and Lackawanna counties. She shares our services with them and lets' them know how we may be of assistance to help their patients get out of pain, restore their mobility and get back to doing the things they love ASAP!!

Karen is from Harvey's Lake, PA and is a graduate of Misericordia University with nearly 20 years of experience in sales and marketing! She is a former volleyball & softball athlete and coach. When Karen is not busy cruising around and meeting with doctors and other medical professionals, you can find her getting in a good cardio workout, spending time on Harvey's Lake or at the beach, traveling, being in the woods, or playing softball/volleyball. She is also a huge baseball/softball fan! Side note, Karen's daughter Sommer is heading to Belmont Abbey

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New & Noteworthy

A few exciting events the last few months for members of the Cawley PT family! We shared with you that lead Patient Care Coordinator Cassie Churnoski was getting married January 1st 2021! Here is the beautiful bride and groom on their special day! Congratulations to Mr. and Mrs Charles Martz! Please join us in wishing them all the best in love and good health for many years to come!



We have a few Cawley PT team members celebrating birthdays in the upcoming weeks. Annsley Dicton our Patient Care Coordinator in Kingston is celebrating her special day on March 16th! Josh McDermott PTA in Nanticoke is celebrating a birthday on March 22nd! Dr Jeff Frail will also enjoy his special day on April 2nd!

To all of you our beloved patients who are celebrating your special day in March or April, we wish the happiest, healthiest and most blessed day and year ahead! Enjoy your special day! PS: Eat 2 pieces of cake!! It's been a rough year for many of us and you certainly deserve it!!

Clinic Event: Cawley PT is planning a ONE DAY ONLY celebration in all of our clinics on Tuesday May 4th from 7am-5pm! It is our Pre Cinco De Mayo celebration called "Spring Into Good Health Extravaganza!" This a single day celebration featuring free exams, free food, games, giveaways to all who attend, and 3 lucky attendees will win one of our Top 3 Prizes!!! It is going to be a lot of fun but more importantly, it is going to be an opportunity to reconnect with many of you that we have not seen in awhile or those who are in pain or having problems! Plus, we miss you!! This is only for our Past Patients, Present Patients (with other problems) and Friends/Family members or Co-workers of our Past/Present Patients! We did an event like this in early December 2020 and it filled up in 2 weeks. We can only take 60 people across all our clinics!! See our insert here for FULL DETAILS and call today to save your spot! We cannot wait to catch up with you!

Lemon Chicken

YIELD: 2 servings

PREP: 10 mins

COOK TIME: 10 mins

INGREDIENTS:

- 1 tsp corn flour
- 1 tsp dark soy sauce
- Finely grated zest & juice 1/2 small lemon
- 2 tsp coconut or canola oil
- 1 skinless chicken breast fillet (around 150g), cut into 1.5cm slices
- 1 capsicum, any colour, de-seeded and sliced
- 1 medium carrot (around 80g), trimmed and thinly sliced
- 100g broccoli, cut into small florets
- 150ml chicken stock (made with 1/2 stock cube)
- 4 spring onions, trimmed and thickly sliced

DIRECTIONS

1. Mix the cornflour with the soy sauce and lemon juice in a small bowl.
2. Heat the oil in a large frying pan or wok over a high heat, add the chicken, capsicum, carrot and broccoli and stir-fry for 2-3 minutes, or until the chicken is lightly browned and the vegetables are beginning to soften.
3. Pour the lemon and soy mixture into the pan, add the chicken stock and spring onions and bring to a simmer. Reduce the heat and cook for 2 minutes, or until the sauce is slightly thickened and the chicken is cooked through, stirring regularly.

Sprinkle with grated lemon zest and serve with rice.



CONGRATULATIONS TO OUR PATIENTS!

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

Kelly Beloski, Elana Morgan, Jim Kroptavich, Joyce McDonnell, Albert Perschau, The Burkes, Robert Sabol, Tom Federici, Mary Maloney, Wendy Glenn, Rene Rinaldi, Gail Mannick, Mary Morrison, Cecilia Pruitt, Richard Mroczka, Paul Lenchak, Steve Bolton, Isabelita Santos, Theodore Allabaugh Jr.

CONGRATULATIONS MISSPELLED WORD WINNERS

Thanks to all of you that participated in the misspelled word contest. Congratulations to our January and February Winners:
Jessica Craig, Margaret Mariello, Pamela Stevens

Patients of the Month

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

Pittston Office: "When I first came to Cawley my shoulder was still broken (before I had surgery). Everyone helped me in every way possible but I still needed have surgery. After I was operated on I came back to Cawley for 3 months and I feel great. I want to thank everyone that has helped me through my recovery. I am very thankful!"

— Michael Orleski



Scranton Office: "At times, I didn't want to get out of bed because I was in so much pain in my back. There were times I would try to miss an appointment due to so much pain! But, Cawley was there to push me to feel better. I feel so much better than I have in years. Thank you Cawley team in Scranton for the wonderful work you did to help me with my everyday movement!"

— Brittany H.



Kingston Office: "The Cawley Physical Therapy team is AWESOME!!! I had a total knee replacement just 12 weeks ago and I am back to full range of motion in my knee. They understand the recovery process requires specific exercises to help me build and heal to become a better, stronger person than I was before the surgery. I am truly grateful for the knowledge and compassion from the Cawley PT staff and recommend them to anyone who needs physical therapy."

— Jamie S.



Carbondale Office: "When I first came I had multiple aches and pains. Megan was my first therapist and did wonders for me. Then I resumed treatment with Dr Cody and he showed me new techniques for my inner core muscles. The whole staff here is excellent. Dylan also helped me with my success so thank you to everyone! Highly recommend this team of professionals!!"

— Joseph C.



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Team Member Spotlight: KAREN ZIER

Continued from front cover.

College in North Carolina on a scholarship where she will be playing softball for the lady Crusaders! Karen and Sommer also have a Weimaraner dog named Surf!

Team Member Spotlight: DR. MIKE BILSKI

Our Team Member Spotlight for the month(s) of March and April goes to Dr. Mike Bilski! Mike is our latest addition to our amazing team of therapists and professional staff!

Mike joined team Scranton back in January! Mike is a seasoned therapist with 7 years of professional experience treating a variety of orthopedic related ailments and conditions! Mike graduated from Bloomsburg University with his Bachelors in Exercise Science/Athletics and then went on to attend Thomas Jefferson University where he was awarded his Doctorate in Physical Therapy in 2013. Mike enjoys working with patients of all ages but has a particular affinity for working with athletes and helping them get back to their highest level of competition possible! Mike's favorite body region/part to work on is the shoulder.

Mike is a native to the Pizza Capital of the World (Old Forge, PA). Mike grew up playing several sports including basketball, football and baseball! Hence the affinity for working with athletes :>).

When Mike is not busy working at Cawley PT in Scranton he enjoys spending time with his wife Carly. Mike also enjoys a good workout and staying in shape! Mike and Carly have 2 cats Penny and Rambo! (I hope Rambo is a friendly cat or Penny could be in a bit of trouble. Haha!!) Mike is also an outdoorsman and likes to drown some worms or head out hunting with family and friends on occasion. If you see Mike zipping around the Scranton clinic, please take the time to say hello and welcome Mike to the Cawley PT family! We certainly are happy to have Mike on our team!

