

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**



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CawleyPhysicalTherapyRehab



**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 Main St • Suite 200 • Carbondale PA 18407

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

**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 CONSULTATION EVENT

Cawley PT is expanding! See the insert for more details on our celebratory FREE consult event at our NEW location.



## Team Member Spotlight:

**MRS. LORRAINE SYMONS, PTA**

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When Lorraine is not busy working with patients, and that is extremely rare, she can be found spending time with her family! Lorraine has 2 lovely daughters Cara and Rachel and she and her husband Russ are grandparents to three beautiful grandchildren Hunter, Riley, and Quinn whom she loves endlessly! We think Lorraine is pretty darn special and we are blessed to have her as part of our family! Keep up the great work Lorraine!!

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## 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.

APRIL MAY 2021

Cawley  
physical therapy  
& rehabilitation



# Clinic Update

## Team Member Spotlight: DR. TONY D'ELISEO

The family here at Cawley PT is very excited this month! We have much to be thankful for!! First, we are especially thankful for the opportunity to grow our Cawley PT family!

This month's Team Member of the Month award goes to Dr. Tony D'eliseo!! Dr. Tony joined our team in March! Tony is a lifelong member of the Wyoming Valley area! Tony was born and raised in Laffin. He attended Pittston Area high school (yours truly alma mater as well :>)) and went on to obtain both his undergraduate degree as well as his Doctorate in Physical Therapy from Misericordia University (MU) in Dallas, PA! Tony graduated from MU in December 2020!

Upon passing his PT licensure boards in January, Tony was ready to hit the ground running as a freshly licensed DPT, and the team here at Cawley PT welcomed him with open arms!! Tony is super excited to put all his years of schooling to work! He is passionate about physical therapy and improving the quality of life for all those he meets! Tony's favorite body region to work on is the shoulder region.

When Tony is not busy working with his patients, he loves to spend time outside the clinic watching his favorite sports teams, exercising, fishing or playing video games. Tony is a big sports fan! His favorite teams are the Yankees, Giants, Knicks and Penguins. When you see Tony in the office please give him a warm welcome and congrats on his recent accomplishment of passing his PT licensure boards!! He is super excited and so are we!!!



## Team Member Spotlight: MRS. LORRAINE SYMONS, PTA

Team Member Spotlight for the month(s) of April/May goes to a very special lady!! This young lady has been an integral part of the Cawley PT family since way back in 2007 when she joined our team! As a matter of fact, she just recently celebrated her 14 year anniversary with the CPTR family! I am talking about none other than Mrs. Lorraine Symons PTA! Aka... "Everyones work mom"! LOL... Lorraine lives, eats, and breaths physical therapy! She is one of the hardest working people we know! You may not see her all the time because she works another full time job, while still putting in 20+ hours a week at Cawley PT! Lorraine loves all of her patients and puts 120% into each and every patient she works with.

She is always flexible based on where we need her and has worked in nearly all the Cawley PT offices. Primarily you will see her in Pittston or Kingston. We are so lucky to have Lorraine on our team and are thankful for her hard work and dedication not only to Cawley PT but simply to all the patients she works with day in and day out!

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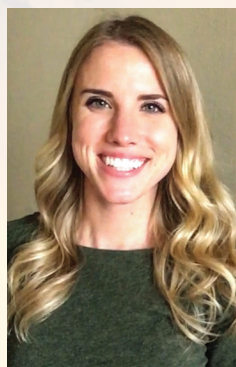


# CLINIC NEWS

## New & Noteworthy

Another reason for our team to be excited is that Cawley Physical Therapy recently celebrated our 18th Anniversary on April 3rd! It is so hard to believe and fathom where 18 years have gone! One thing we all certainly believe is that this would never have been possible without each and every one of you who are reading this along with hundreds of medical professionals in the surrounding community who put their faith and trust in us to help you our patients get well and improve their quality of life! Over the past 18 years we have provided almost 200,000 treatments to over 12,000 people in NEPA!! There is simply no thanks large enough to explain our gratitude! To each and every one of you reading this and those that you entrusted to our care Thank You...Thank You...Thank You!! We will continue to strive to do our best and earn the opportunity to help even more people over the next 18 years. We are so proud of our team and from the bottom of all of our hearts Thank you!!

**Clinic Event:** We are beyond excited to announce the upcoming Grand Opening of our Wilkes Barre clinic located inside the Greater Wyoming Valley (Wilkes Barre) YMCA located at 40 West Northampton Street in Wilkes Barre! Dr. Cody Tsevdos DPT will be leading the team in Wilkes Barre! Please see our insert for details and come join in the excitement!!!



Also Dr. Jordan Gay DPT will be taking over the leadership role in our Carbondale clinic! Breaking News...We are moving in April to our new home located at 63 Main Street Suite 200, Carbondale. We will be located directly behind the Convenient Food Mart and PNC Bank (right next to the new Wine and Spirits

Store)! Dr. Jordan has been a member of the Scranton team since November 2019 and is excited to join the growing team and work with our patients in the Carbondale office!



## GRILLED TERIYAKI CHICKEN SKEWERS w/ PINEAPPLE

It has been a long winter here in NEPA so we wanted to go with something to push us into the warmer weather!! What better way than something from the good ole Bar-B-Q...

**YIELD:** 2 servings **PREP:** 10 mins  
**COOK TIME:** 10 mins

### INGREDIENTS

- Chicken breast - cut into 1.5-inch cubes.
- Teriyaki marinade - made with a combination of water, soy sauce, dark soy sauce, brown sugar (or honey), cornstarch, garlic powder (optional), black vinegar, and salt.
- Pineapple - grilled pineapple is super sweet and juicy, which pairs perfectly with teriyaki chicken.
- Bell peppers - green pepper, yellow pepper, and red pepper, for threading onto the skewers.
- Red onion - for threading onto the skewers.
- Olive oil - for grilling.
- White sesame seeds - to sprinkle on top.

### DIRECTIONS

1. Prepare the teriyaki marinade. Add all of the ingredients for the teriyaki marinade into a small pot. Stir and bring to a boil. Turn off the heat and set aside to cool for 1 hour. It should be cooled down completely. Set aside cup of the teriyaki sauce.
2. Marinate the chicken. Cut out chicken breasts into 1.5-inch thick cubes and add them into the teriyaki marinade. Stir with a spoon to coat all the chicken pieces and refrigerate for at least 1 hour (or overnight for the best results).
3. Skewer the chicken. Thread the chicken onto skewers, alternating with bell peppers, red onion, and pineapple. I like to thread the pineapple on both ends to help immobilize the cubed chicken.
4. Grill the skewers. Lightly brush olive oil over the grill pan. Preheat over medium high heat for about 5 minutes until sizzling hot. Cook the chicken skewers for 8-10 minutes on each side or until its internal temperature reaches 165° F.
5. Serve. Transfer the skewers onto a plate and drizzle with the reserved teriyaki sauce. Sprinkle with some sesame seeds and serve over steamed rice.



## CONGRATULATIONS TO OUR PATIENTS!

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

Denise Gubbiotti, Todd Thorne, William Weiss, Tom Federici, Carol Suriano, Jen & John Haas, Shawn Casey, Jessica Kennedy, Debbie Leary, Kathleen Gadomski, Alice Lord, Kathryn Kovach, George Hazlinsky, Lawrence Stella, Courtney McFarlane, Jean Hurchick, Teresa Koirala, Jacob Sacher, Kristina Carfagnoa-Eddinger, Kenneth Oliver.

### CONGRATULATIONS MISSPELLED WORD WINNERS

Thanks to all of you that participated in the misspelled word contest. Congratulations to our March and April Winners:  
Diane Havenstrite, Lorraine Butkus, Diane White

# SUCCESS STORIES

## 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:** "Everyone has been so pleasant and helpful. Coming in I had knee pain and back pain. Now I feel wonderful! Thank you all!"

— Linda R.



**Scranton Office:** "I came to Cawley Physical Therapy four months ago after two shoulder surgeries. The staff was awesome and helped me so much. I am so happy with the progress of my rehab. I would highly recommend Cawley to anyone!!"

— Melissa C.



**Kingston Office:** "When I first started, I had a lot of pain in my right shoulder and arm. After 7 weeks, the pain and tingling is gone and the girls here are wonderful and they know what they are doing. Thanks!"

— John O'Malia



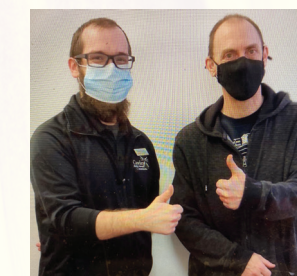
**Carbondale Office:** "First of all, the staff (Cody + Dylan) is amazing! I feel 100% better than the 1st day I walked into the facility. They listened to what I said and how I felt plus changed the exercises accordingly. This staff works well with each other which makes coming here a pleasure. I felt like I was visiting friends. Thank you!"

— Cindy



**Nanticoke Office:** "I came to Cawley PT for lower back problems and a trapped nerve. After a few weeks my back muscles are much stronger with no pain or problems. The whole team has been great in helping me get back to work. Thank you all for your help!"

-Colin C.



## Results you can see



Pictured from Left to Right; Dr Cody Tsevdos and Happy Cawley PT pain free graduate Eileen F.

"It was a pleasure for me to do my physical therapy in the Cawley office in Carbondale. Everyone is so happy and friendly. Cody & Dylan were so helpful. I had great confidence in Cody and the knowledge he has. Everyday my arm + back felt better. On my last day, I feel like a new person. Thank you for helping me get rid of my pain and treating everyone who walks in the door with respect. Cawley is the place to go!"

— Eileen F.

