



Cawley Physical Therapy and Rehab's Carbondale Location is OPEN! The home of the Carbondale Chargers is also home to Cawley PT with a location at
44 North Scott Street • Suite #2 • Carbondale PA

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LANCASTER, PA
PERMIT NO. 810

PITTSBURGH 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

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

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**SPECIALIZING IN: Orthopedic Care • Neck & Back Treatments • Sports Medicine • Knee Replacements • Sciatica Treatments
Spinal Stenosis Therapy • Accident Claims • Work-Related Injuries • Aquatics Therapy • Laser Therapy • Neuropathy Care
Graston and Cupping Therapy • Concussion Management**

TEAM MEMBER SPOTLIGHT

CONTINUED...

that she reached out to us! We interviewed Anna immediately and new she was the right woman for the job. Anna has done a great job of getting up to speed with all the duties and responsibilities of the Front Desk/PT Tech position. She is a super fast learner and awesome at implementing quickly.

When Anna is not busy handling calls, filing papers, setting up patients, or doing 100 other different things she enjoys reading a good book and spending time with her family. Anna has two cats Tommy and Sam!

If you see Anna, please welcome her to the team and congratulate her on being in our Team Member Spotlight for this month! She earned it for sure!! Congrats Anna!!!!

2020 FREE NATURAL HEALING HEALTH FAIR ALL DAY EVENT

7 different topics

Date: Saturday March 28th 2020

Address: Dunmore Presbyterian Church 137
Chestnut Street Dunmore PA

Time: 8:00am-2:00pm

Free snacks, drinks, food and several giveaways
and prizes for those who attend!

Free informative handouts and
Cawley PT swag for attendees

See insert for details!



Clinic Update

FEB/MAR 2020

INSIDE THIS ISSUE

Team Member of the Month

Team Member Spotlight

Clinic News:
New & Noteworthy, Clinic Events
& Patients of the Month

Success Stories:
Results You Can See

Congratulations Patients:
Misspelled Word Contest &
Refer-A-Friend Participants°

Clinic News:
2020 FREE NATURAL HEALING
HEALTH FAIR

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.**

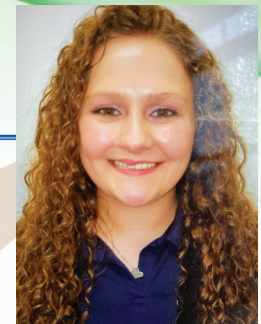
PATIENTS ENTER TO WIN!

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: CANDICE PURNELL



This month the award for Team Member of the Month goes to one of our key players in our Pittston office. This young lady recently applied for and received her indirect physical therapy assistant (PTA) license. Not every PTA in Pennsylvania holds this license. Congratulations to Ms. Candice Purnell PTA for obtaining her indirect license. This allows a physical therapist assistant to practice some of the time independent of a Physical Therapist!

Candice has been a member of the Cawley PT family for nearly a year now and has shown tremendous growth maturity and expertise beyond her years as a PTA. We have been truly blessed to find such a kind, caring, compassionate and motivated clinician who gives it 120% with every patient she works with! Candice enjoys working with all types of patients but has a particular affinity for working with different types of knee injuries. She really finds it both challenging and rewarding! She especially enjoys post op total knee replacements or other types of surgery and seeing the successes patients have!

When Candice is not busy working hard on her patients at Cawley PT she enjoys a good workout or taking a long healthy walk. Candice also loves to go horse back riding and going out for a nice adventure on her quad in the great outdoors of NEPA!

If you see Candice, please congratulate her on receiving her indirect license and on being this month's Cawley PT Team Member of the Month!

Team Member Spotlight: ANNA LITZI



The month of March is often associated with green, drinking beer, being Irish or of Irish descent and being lucky!! I am not sure about the first 2-3 characteristics but one thing is for sure, we certainly got lucky when we found Ms. Anna Littzi to lead our Front Desk and PT technician role in our Scranton location! This is why Anna is our Team Member Spotlight for this month!

Anna is originally from the pittston area "Home of the Tomato" where she grew up. She attended Pittston Area and graduated from Pittston Area High School in June of 2014! After graduation Anna worked full time for several years including a few years in the medical field as a Chiropractic Assistant and medical receptionist. Anna was looking for something new and challenging when she came across an ad for an opening in our Scranton clinic. Boy are we glad

continued on back page

New & Noteworthy



**HAPPY
ST. PATRICK'S
DAY TO
EVERYONE!!**

An Irish Blessing for one and all: "May the road rise up to meet you, May the wind be always at your back, May the sun shine upon your face, The rain fall soft upon your fields, Until we meet again, May God hold you in the Palm of His Hand."

February and March is bringing some pretty cool things to Cawley PT and Rehab! Here is a list of the upcoming events for the next 6 weeks:

Wednesday, February 26th - 1:00pm-2:00pm

Our Kingston office will be hosting our first ever Neuropathy Workshop. If you are looking for relief from numbness, tingling, burning, and leg weakness then you do not want to miss this special event! We will cover the #1 single biggest mistake Neuropathy sufferers make! Call 570-208-2787 to sign up. Only a few spots remain!

Thursday, March 12th - 6:00pm

We will be hosting our Neck Pain and Headaches Workshop in our Kingston/Scranton/Carbondale locations at 6:00pm. We will cover the top 3 most common causes of neck pain and headaches as well as how to solve them naturally! Only 20 spots available!! Want to register or know someone who could benefit, call 570-208-2787.

Saturday, March 28th - 8:00am

We will be hosting our all day "Spring 2020 FREE Natural Healing Health Fair Event". This event will be jam packed with 7 of our most popular topics that past, present and future patients struggle with! The event starts at 8:00am!! You need to register and reserve your spot to attend! Last year we had 112 people register for the event and had to turn some away as we were over our 100 capacity! Register early to reserve your spot! (See the INSERT for full details). Call to register 570-208-2787!!

Clinic Event



**AUSTRALIA ZOO
WILDLIFE
WARRIORS**

The Cawley PT family tries to do their very best when it comes to keeping up with things going on in the "local" community as well as other communities. Although we are in the business of taking care of people, we could not help but be devastated by all the animals killed, injured, or left homeless due to the horrific fires in Australia! Seeing all those kangaroos, koala bears, wallaby, and tons of other animals of all types injured or killed was horrific! In total, reports estimate over 1 billion (yes billion with a B) were killed by these fires!! Not to mention millions left either homeless, without food or family members. It was simply devastating to watch! As humans we can clearly think and use logic to survive and start over but these poor animals were left with virtually nothing and certainly could use all the help they could get. We managed to take up a collection of \$129 and send it to the Australia Zoo Wildlife Warriors on behalf of all our patients and staff at Cawley PT and Rehab. I am certain that for all of us with pets (myself included) or even those who do not have a pet, your heart just breaks for them. If we help even just one, well then perhaps we made a difference. Thank you to all those who contributed and donated!

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 January and February!

Amy Stella • Arline Matkins • Diane White • Amanda Reardon
Ellen Campbell • Marlena Nockley • Carrie Llewelyn • Christine Pellam
Judy Martindale • John Sarris • Ken Pavlick • Rachel Deiter • Ashley Reynolds Andrea Crills
Joanne Gerrity • Rose Perkowski • Sharon Fife

CONGRATULATIONS MISSPELLED WORD WINNERS

Thanks to all of you that participated in the misspelled word contest. Congratulations to our January/February Winners:
Margaret Mauriello • Shirley Cook • Julia Domanski

Results you can see



Pictured from Left to Right; Dr. Tim Dymond DPT and happy Cawley PT graduate Mr. Raymond Motyka. Way to go Ray!!

"Let me start by thanking you all for making me feel so welcome. It is my privilege to extend my gratitude to Cawley Physical Therapy and staff for the excellent work and service they have provided to me over the last three months.

You can tell when you hit middle- and old-age by the way it hits your back, legs, and knees. Well, my back and legs were a problem and I was referred to Cawley Physical Therapy. What a blessing!!!

It's the first time I went to physical therapy and someone did something for me. They got ninety five percent of my pain gone, and I didn't take any medication along the way. However, I did use a little Biofreeze on my back after my home exercises each morning.

Anyway, many thanks go to the staff at Cawley Physical Therapy. You need PT, this is the place to go!"

Congratulations Patients of the Month

We are blessed to have an opportunity to work with so many wonderful people. If you did not make it in this month's edition please know that we still love ya!!

"VERY PLEASED"

Kingston Office: "I am progressing wonderfully with the therapy for my shoulder. It is not giving me a stiff shoulder as it was when I first started here. I am pleased to the uppermost extent! Most of all, the girls here helped me feel better, along with giving an atmosphere for better physical and mental health with therapy. I am very pleased and would recommend Cawley Physical Therapy to anyone!" —Sharon Barrow



"I AM SO HAPPY I CHOSE CAWLEY REHAB"

Carbondale Office: "I am so happy I chose Cawley Rehab to bring me back to a pain free body. Megan, Anthony, and Samantha worked so well together in providing the best therapy for me... The office atmosphere was clean, friendly, and professionalism was apparent. My needs were met and will now enjoy my Christmas pain free. I loved my "spa time" massage." —Patricia Coccetti



"EVERYONE HERE IS GREAT!!!!"

Nanticoke Office: "Everyone here is great!!!! Friendly, helpful and very understanding. They really helped me out alot with all the things I needed help with. I would recommend the Cawley Physical Therapy facility to anyone who needs therapy." —Randy Belchick



"DEFINITELY BE RECOMMENDED TO ALL MY FRIENDS WHEN NEEDED"

Pittston office: "I fractured my hip and was walking with a cane when I started physical therapy. Under the excellent care of the physical therapists here, I am now cane free. The exercises and activities built up my strength, balance and endurance to walk. It is easier to get in and out of my car, go up and down steps, walk correctly and take longer strides. I feel more and more confident when walking. The therapists staff and the wonderful people I met will always remain with me. Cawley Physical Therapy will definitely be recommended to all my friends when needed." —Christine Crosbie



"EVERYONE HAS BEEN KIND AND VERY PROFESSIONAL!"

Scranton Office: "I had some trouble bending over because of my lower back problems and neck pain. I had those problems because of an accident I was in many years ago. After doing physical therapy now for several weeks, I find that I've become more flexible with less pain and discomfort. I found that working with everyone here has been most enjoyable. Everyone has been kind and very professional! I highly recommend this place!" —Jim Grano

