



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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**PITTSTON 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 • Stenosis Therapy • Osteo Prevention • Accident Claims • Work-Related Injuries • Aquatics PT • Class IV Laser Therapy • And so much more!**

# CLINIC EVENTS:

We will be hosting our popular Neck/Jaw Pain and Headache Workshop in Carbondale on Thursday November 7th at 6:00pm and again on Saturday November 9th in our Kingston office at 10:00am and finally our Scranton office at 12:30pm.

During this highly interactive workshop we will be discussing the most common causes of neck pain and headaches, how jaw pain issues can contribute to headaches and neck pain and the most common mistake 99% of Neck/Jaw Pain and Headache sufferers make that prevent them from healing and usually makes them worse!

Call 570-208-2787 to save your spot today! Limited to 1st 30 who call to register.



**Thursday November 21st at 6:00pm in Carbondale and Saturday November 23rd in Nanticoke at 10:00am and again in Scranton at 12:30pm we will host our Knee Pain and Knee Replacement Workshop.**

We will discuss the most common injuries that occur with the Knee and how to heal them naturally! We will also cover myths and facts about one of the most common surgeries performed all across the US every single day!

Seating is limited to the first 30 registrants so call to reserve your spot today at 570-208-2787!



# Clinic Update

OCT/NOV 2019

## INSIDE THIS ISSUE

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**HAPPY & HEALTHY FOR THE HOLIDAYS — December 10th**  
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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.

## Team Member(s) of the Month: MS. ALEXIS MURDOCH

And the Award goes too...Ms. Alexis Murdoch!!! For those of you who do not know Alexis, she is our lead Physical Therapy Technician in our Pittston office. Alexis joined the team back in August of this year. Alexis is a recent graduate of Keystone College where she received her Bachelor's of Science degree in Biology with an emphasis in Pre-Physical Therapy. Alexis was born and raised in the Dallas area! Alexis is using this year as a transition year to gain invaluable knowledge working in the field prior to applying to PT school for the fall of 2020! There is not a question in our minds that Alexis will make an excellent PT in the future. She has all the traits that one would look for in a physical therapist. Alexis is kind, compassionate, caring, knowledgeable, great multi tasker, and a definite team player! Alexis is a super quick learner and picked up on things really quickly. Her outgoing personality and drive to succeed helps push patients to achieve and even exceed their goals.

When Alexis is not busy assisting our staff with getting patients well again, you can find her spending time going on a adventurous hike, taking a road trip, and spending time with her friends and family! Alexis also has a dog named Susie and a cat named Cooper! If you see Alexis, please welcome her to the team. We are certainly thrilled to have her as part of the family...



## Team Member(s) Spotlight: DR. MEGAN TANSITS KRAFT

This honor goes to our newest team member Dr. Megan Tansits Kraft!! Megan will be our team leader and is heading up the Clinical Director position in our Carbondale clinic. Megan joined the team at the end of September. Megan brings over 5+ years of experience to the table and has successfully treated a wide range of orthopedic related injuries and conditions. Megan also has some experience working with a variety of neurological conditions as well as working in the acute care setting in the hospital. All of this experience makes her very well rounded and ready to tackle virtually any problem or condition that comes her way! Megan is a graduate of the University of Scranton where she obtained her Doctorate degree in Physical therapy in May 2014. Megan also received her BS in exercise Science from Scranton U in May of 2011!

Megan currently resides in Scranton with her husband Justin. They enjoy spending quality time together and taking a stroll around Lake Scranton! In her spare time, Megan likes to take in a cool outdoor concert or listen to some live music. She also enjoys settling in with a good book or movie! If you see Megan please say hi and give her a high five on joining the team.





## Clinic Events:

It is hard to believe that there is less than 3 months left in 2019! Where does the time go? When I was younger my parents use to say, "Wait until you're my age and see how fast time goes", and as a kid you use to think yeah right, like it is any different! Well, as with most things our parents really were right!

We will be having several events over the next 6 weeks including one super special all day event just for YOU!!!! Check it out here and for full details check out the loose insert:

**Tuesday December 10th, we will be hosting our "Healthy and Happy for the Holiday's Event"** in all



of our offices. This event will include a fun filled day of Free Exams for all of our present patients (with other injuries/problems), past patients, coworkers, or friends and family members of past/present patients!! Join in the fun as we ring in the holidays early by celebrating in **Carbondale, Scranton, Pittston, Kingston and Nanticoke** with Free food, Free giveaways, Free Prizes, Free Fun, and Free Exams!! This one day event is limited to the first 60 people who call to reserve their spot. This is great for anyone who is having: Pain, Balance problems, Tendonitis, Arthritis, difficulty walking, dizziness, herniated or bulging discs and more... Prizes and giveaways only apply to those who register, show up and get their Free Exam!! This will be going out to over 10,000+ past/present patients via email, Facebook, in-house posters, and our workshop partners! Once the spots are filled we will NOT be able to accommodate anyone else!

**Call and reserve your spot early 570-208-2787!**

*Continued on back page*

## 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 September!

**BROOKE PAULIN • PHIL NERO • KENNETH PAVLICK**

**SANDRA SKRIPKUNIS • BHUPINDER JASSAL**

**MARJORIE JOINVILLE-BENJAMIN • MICHELLE PILCH • NICOLE SIMONE**

## CONGRATULATIONS MISPELLED WORD WINNERS

Thanks to all of you that participated in the misspelled word contest. Congratulations to

**JOANNE MCCOSKY • GLORIA HABLE • JUDY DAVIS**

## New & Noteworthy

### November 2nd and 3rd

**Cawley PT and Rehab will be hosting a continuing education seminar in our Pittston office.**

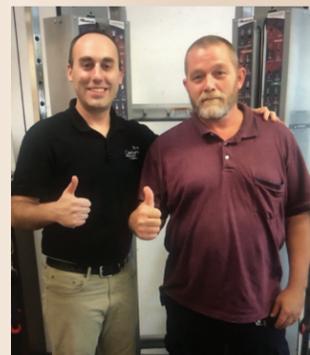
Continuing education is paramount to us so that we can provide all of our patients with the best opportunity to feel well again and get back to the things you love ASAP! During this training, the entire staff of PT's and PTA's from every office will converge to learn all new techniques involving revolutionary treatments for arm/leg related injuries, aches and pains. **Injuries including but not limited to: Shoulder and Rotator Cuff problems, Elbow tendonitis, Carpal Tunnel, hand and wrist injuries/arthritis and more. Injuries involving the leg such as: Hip problems including arthritis or tendonitis/bursitis, Knee Pain/swelling, Ankle sprains or pain and common foot problems such as plantar fasciitis or tarsal tunnel syndrome and much much more!** We are confident that with these new techniques and treatments we will be able to provide **YOU**, our patients, with the best opportunity to achieve or even exceed your goals and expectations!



*Results you can see*

**"I CAN WALK AGAIN!!!"**

*Pictured from Left to Right; Dr. Jesse Yurko, DPT and Ronald Dennis*



*"When I first came in I could barely walk with my right leg. After starting therapy, I can walk with no problem now. All the people that work there are wonderful!"*

— Ronald Dennis



## Congratulations Patients of the Month

*Congratulations to our patients of the month for August & September.*

### "A VERY ENJOYABLE EXPERIENCE!"

**Kingston:** *"This is my second group of sessions with Cawley because of a fall. There is no better physical therapy facility than Cawley. I think that they are the best. I would not go anywhere else. They are compassionate, excellent physical therapists. When I come here, I feel very much at home. It is a very enjoyable experience!"*

—Barbara Zelnick



### "THANK YOU"

**Scranton:** *"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."*

—Jim Grano



### "VERY PROFESSIONAL AND COURTEOUS"

**Pittston:** *"I didn't get my knee done as soon as I should I have because of fear. Finally I had the surgery and came to Cawley for P.T. I was very pleased with all the therapist and the therapy that I did. Everyone here is very professional and courteous. They motivated me to become stronger and helped me to achieve my goals. I was so happy and pleased that I came here; I have worked with each and every therapist. All of the help I received here has been wonderful. I am truly grateful to Jeff, Tim, Anthony, Cathy, and Marcus."*

—Jane



### "VERY GOOD AND PROFESSIONAL"

**Carbondale:** *"My experience was great. Everyone who worked on me was very good and professional... I would recommend to everyone. I feel great and would recommend anyone I know to come here to Cawley!"*

—Anthony A.



## HEALTHY & EASY PUMPKIN SOUP

**A simple puree of canned pumpkin, coconut milk, and warm spices comes together in this Healthy and Easy Pumpkin Soup!**



### INGREDIENTS

- |   |   |
|---|---|
| 1. ½ Tbsp. olive oil  | 8. 1 tablespoon maple syrup (or brown sugar) (or for a slightly sweeter soup, use 2 |
| 2. 1 sweet onion, diced   | tablespoons of maple syrup or brown sugar)  |
| 3. 1 tablespoon minced garlic   | 4. 1 teaspoon ground ginger   |
| 5. 1 head cauliflower, florets diced (about 5 cups of florets total)  | 9. 1 tsp. salt, to taste  |
| 6. 4 cups vegetable broth or chicken broth                            | 10. 1/2 cup full-fat canned coconut milk (or substitute with heavy cream)           |
| 7. 1 (15 ounce) can unsweetened pumpkin puree (about 1.75 cups total) | 11. Optional garnish: sliced green onions, chives, or sour cream                    |

### INSTRUCTIONS

- Heat oil in a large pot over medium heat. Add onion and sauté until soft and translucent (about 5-10 minutes). Add garlic and ginger and cook for about 1 more minute, stirring.
- Add cauliflower, broth, and pumpkin. Turn heat to high, bring to a boil; cover. Reduce heat to low and simmer (covered) for about 20-30 minutes or until cauliflower is tender.
- Stir in maple syrup, salt and coconut milk.
- Remove from heat and use an immersion blender to puree the soup until smooth. If you don't have an immersion blender, just transfer the soup to a large blender and puree until smooth. Be carefull with the hot soup!