



THE CARPEY CHRONICLE

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THE Information Resource For Accident Victims In Pennsylvania

WE ARE COMMITTED

To providing exceptional legal services to each and every one of our clients.

OUR 6 SATELLITE OFFICES

■ Bala Cynwyd

Two Bala Plaza, Suite 300
Bala Cynwyd, PA 19004

■ King of Prussia

1060 First Avenue, Suite 400
King of Prussia, PA 19406

■ Malvern

101 Lindenwood Drive,
Suite 225
Malvern, PA 19355

■ Plymouth Meeting

600 West Germantown Pike
Plymouth Meeting Exec.
Campus, Suite 400
Plymouth Meeting, PA 19462

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150 N. Radnor Chester Rd.,
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Radnor, PA 19087

■ Media

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Media, PA 19063

Do You Really 'Knee'd' Surgery For A Meniscus Tear?



showed that approximately \$4 billion is spent annually for an estimated 700,000 surgeries. The results from the Finland study indicate PT may help lower these costs and possibly avoid undue surgery. The meniscus is a crescent shaped pad of cartilage in the knee between

the femur (thigh bone) and tibia (shin bone). The meniscus acts as a cushion and helps disperse body weight, lessening friction that is caused through movement. When torn, a meniscus tear could become lodged between the femur and tibia limiting movement. That is definitely a reason to have surgery. But, many times there is only pain, no locking or catching. These are the patients who tend to do better with PT. So, is surgery necessary for a meniscus tear?

According to a recently published study, that question is open for debate!

You may have a neighbor or relative who felt a 'twinge' in their knee when they pivoted or went into a deep squat. The pain was enough to go to a physician and an MRI revealed a 'Meniscus tear'. What happens next, Physical Therapy (PT) or surgery?

According to researchers in Finland, who studied two sets of patients - one group that received surgery and another that was led to believe that it had - no significant differences in improvement between the groups were observed after one year.

In addition, a separate study published in the New England Journal of Medicine reports that arthroscopic surgery for a torn meniscus is the most common orthopedic procedure performed in the U.S. The study

showed that approximately \$4 billion is spent annually for an estimated 700,000 surgeries. The results from the Finland study indicate PT may help lower these costs and possibly avoid undue surgery. The meniscus is a crescent shaped pad of cartilage in the knee between

“Surgery did provide a slight advantage in certain areas early on, but the differences disappeared by the end of the 12 months.” Physical Therapy addresses weaknesses by strengthening muscles, tightness by stretching joints and creates more efficient movement with functional exercises, which for some, can by enough to eliminate the need for surgery.

TO THANK YOU FOR EVERY REFERRAL... WE THANK OTHERS!



Each time you make a referral to our law firm, we make a donation to the Wounded Warrior

Project, which supports wounded soldiers and veterans.

Thank you to the following people who referred cases to us last month: **Crystal Rothwell, Hardik Soni, Harold Manley and Laura Robinson.**

Wounded Warrior Project is a non-profit organization based out of Jacksonville, FL. Their mission is to honor and empower wounded warriors. Its purpose is to raise awareness and to enlist the public's aid for the needs of severely injured service members, to help them aid and assist each other, and to provide programs and services to meet their needs.

Since its inception, Wounded Warrior Project has been successfully easing the troubles of veterans all over the country, and Carpey Law greatly supports these efforts.

For more information on Wounded Warrior Project, or to make a contribution, please visit: www.woundedwarriorproject.org.

Our success is built on referrals from clients and friends. If you know of anyone who might benefit from our services, please feel free give them our contact information.

LAURA CARPEY'S RECIPES OF THE MONTH

Summertime Slaw Salad

Crunchy and flavorful, but not traditionally creamy, this is the unconventional cole slaw that will become your go-to all summer.

INGREDIENTS

Salad:

- 1 bag cole slaw mix (shredded cabbage with out dressing)
- 2-3 scallions, sliced
- Handful of shredded carrots
- 1/2 cup sliced almonds, toasted
- 2 packages ramen noodles (chicken flavored), uncooked and broken up, reserving seasoning packets for dressing

Dressing:

- 2 tablespoons white vinegar
- 2 tablespoons sugar
- Seasoning packets from ramen noodles
- 1/2 cup olive oil



INSTRUCTIONS

Toss salad ingredients in a large bowl. Whisk together dressing ingredients in a small bowl and toss with salad. Serves 4.

Bakery House Peach Pie

Makes 1 (2-crust) 9-inch pie, 6 to 8 servings

INGREDIENTS

(Basic pastry for double-crust pie):

- 2 C all-purpose flour
- 1 tsp salt
- 2/3 C vegetable shortening, cold
- 2 to 4 T ice water

(peach filling):

- 5 C peeled, sliced, ripe peaches
- 5 T instant flour
- 3/4 C granulated sugar
- 1/4 tsp salt
- 1 T freshly squeezed lemon juice

INSTRUCTIONS

1. Prepare the pie crust: Combine the flour and salt in a large bowl. Cut shortening into flour until small lumps appear, for a coarse crumb. Add just enough ice water to form the dough into a ball. Divide dough in half. Flatten each half into a 4-inch disk and wrap in plastic wrap. Refrigerate 30 minutes.
2. When ready to proceed, remove dough from refrigerator. If stiff and very cold, let stand until cool but pliable. Place dough between two sheets of waxed paper and roll into a 12-inch circle, working from the center outward, turning the sheets and dough 1/8-turn with each roll. Transfer and fit dough into engrossed pie dish. (Carefully roll dough around pin and unroll onto pan; or fold dough in quarters, put the point at the center of the pan and unfold dough.)



Do not stretch dough. Roll remaining dough for top crust or lattice strips. Set aside to rest.

3. Prepare the pie filling: In a large bowl, combine peaches, flour, sugar, salt and lemon juice just until moistened. Spoon into the unbaked pie shell and dot with small bits of butter.

4. Fit top crust or lattice strips over filling; trim edges at rim. If using full top crust, cut slits to vent steam. Fold dough from bottom crust up and over the rim, pinching to raise and seal rim. Brush all exposed dough with beaten egg.

5. Bake in preheated oven at 375° degrees until filling begins to bubble up, 35-40 minutes. (For convection oven, bake at 350° degrees for 30-35 minutes.)



Stuart Carpey Named To The National Trial Lawyers: Top 100 Trial Lawyers For The 4th Year In A Row!

“The National Trial Lawyers is a professional organization of America’s top trial lawyers. Membership into the organization is by invitation only and is extended to those individuals who exemplify superior qualifications, trial results, and leadership in their respective state or major geographical area. The National Trial Lawyers has evaluated Stuart Carpey’s qualifications and now extends an exclusive invitation to him based on his performance as an exceptional trial lawyer in the practice area of Civil Plaintiff law.”

REMINDER ABOUT OUR FIRM'S COMMUNICATION POLICY

About us: We perform very high quality legal work. We are highly competent and we have a highly competent support staff, but we are not perfect. We can make mistakes. We will correct a mistake if we find it or if you point it out.

It is our policy to return phone calls in the order they are received and based on the priority of the

situation. If you leave a message, your call will be returned usually within 24 hours. Some clients feel that calling multiple times in a day will get their call answered faster, but that is not the case. Email is the quickest way to get a response from anyone in the office.

We work by appointment only. Without an

appointment, it is unlikely Mr. Carpey would be able to meet with you.

Please utilize our support staff to answer your questions and to give you status reports. Our legal assistants and paralegals are very experienced and will often be able to respond to your requests.

Our Goal Is To Get You The Best Settlement Possible In The Shortest Amount Of Time And Answer All The Questions You Have Along The Way While Getting Your Life Back On Track.

Dear Friend:

If you are receiving our monthly newsletter, that is because you are special to us. You're dedicated to your family, to your friends, and you want to be successful and happy in your life.

But sometimes, bad things happen to good people. Car wrecks, on-the-job accidents, even freak fatal accidents. Tragedy is blind - it befalls every person at some point in his or her life.

And while we don't wish tragedy on anyone, we want you to know that we are here to help if you or anyone you know needs our help. We are highly trained, talented and excited to get up every morning and help make a difference in our clients' lives. We hope our firm's dedication to helping you, and people just like you, shows in every newsletter we send.



CARPEY LAW PROUDLY SUPPORTS BIKERS EVERYWHERE

Join Carpey Law for Bike Night at Hannum's Harley-Davidson in Sellersville, PA!

JULY 19, 2017: 7-9 p.m.

Live original music, food, vendors and prizes!

Be sure to stop by the Carpey Law booth to say hi...

WE HAVE FREE STUFF!

****Event is free to all! Call us at (610)834-6030 for details.**

Looking for Some Summer Fun? Visit Philly's Top Events & Festivals!

(continued from page 4)

Philly Beer Week

JUNE 2-11, 2017

Philly Beer Week, the 10th annual celebration of Philadelphia's vibrant beer culture, takes over the city and region for 10 full days. Events range from tastings to lectures to beer-pairing dinners.

For more information, visit www.phillylovesbeer.org



Odunde Festival

JUNE 11, 2017

The largest African-American street festival on the East Coast comes to South Street during the annual Odunde Festival that features cultural, historical and events for all ages. Look forward to food trucks and shopping vendors galore lining the streets.

For more information, visit www.odundefestival.org



Bastille Day at Eastern State Penitentiary

JULY 15, 2017

The masses storm the castle on Eastern State Penitentiary's Bastille Day, as re-enactors and audience members playfully recreate the storming of the Bastille.

Emceed by "Edith Piaf," Philly's version of this historic event includes experimental cabaret performances, dancing baguettes and Marie Antoinette tossing more than 3,000 Tastykakes out to the crowd.

For more information, visit www.easternstate.org/visitevents/bastille-day



XPoNential Music Festival

JULY 28-30, 2017

WXPn, the public radio station of the University of Pennsylvania, brings together musical legends and new performers at Wiggins Park and the BB&T Pavilion on the Camden Waterfront for the XPoNential Music Festival.

For more information, visit www.xpnfest.org





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AVVO is an attorney rating system and Stuart A. Carpey is rated 10.0 - the highest rating AVVO offers.



VISIT OUR WEBSITE
carpeylaw.com

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Call me with any legal questions about injuries from any accident or medical care.

I promise to give you a straight forward answer.

That's my guarantee.
610.834.6030

Give this newsletter to a friend.
They'll thank you for it, and so will I.

Stuart Carpey

Looking for Some Summer Fun? Visit Philly's Top Events & Festivals!

The Roots Picnic
JUNE 3, 2017

Philly's own Grammy-winning hip-hop band The Roots bring together artists from various genres for the 10th annual Roots Picnic at the Festival Pier at Penn's Landing. Past performers have included Usher, Future, Leon Bridges, DMX, Willow Smith, GoGo Morrow and, of course, The Roots.

For more information, visit www.rootspicnic.com

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