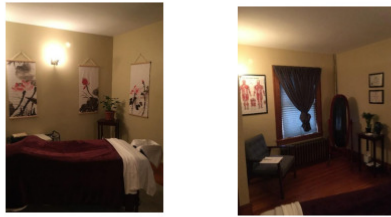


Happy April From Casey Family Chiropractic!

Like and Follow us on Facebook

Available April 1st



Massage Equipment:

Text/ Call Brenna (845) 220-7110

- "Master Massage Brand" wood Table with table warmer, adjustable stool & linens \$300
- Towel Caddy \$50
- Hot Stone Set with warmer \$100
- If interested in both the room and equipment, can be available as turnkey operation

Affordable room for rent located in building with
Chiropractor & Acupuncturist

Washingtonville, NY

Good location

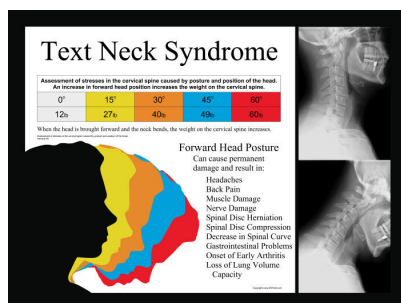
Call & leave message for Dr. Brian Casey

(845) 629-9414

Massage therapist office available

Now available upstairs at 68 East is a great opportunity for a massage therapist looking to be part of a holistic wellness center. In addition, there is an opportunity to have a fully furnished massage room at an excellent price (see flyer). We are looking for a Licensed Massage Therapist (LMT) with their New York State license who is interested in a multi-faceted approach to health in conjunction with chiropractic and acupuncture. If interested, please call Dr. Casey at 845-

629-9414. Office available immediately.



Text Neck Syndrome

One of the most common conditions that has emerged in the past few years is Text Neck Syndrome. In our society, as more and more time is spent looking down at various devices such as cell phones and tablets, we are constantly stressing the delicate structures of

our cervical (neck) spine.

While not a medical diagnosis, Text Neck Syndrome refers to a repetitive stress injury to the neck caused by having your head in a forward position for an extended period. The forward pending posture affects the curvature of the

cervical spine, the neck and shoulder muscles, and supporting ligaments. Over time, this will have many consequences, such as headaches, neck pain, back pain, nerve damage and a host of other problems and issues. As you can see in the chart above, when the head is tilted forward to about 60 degrees, it has the effect of making your head weigh 60 lbs. on the muscles and ligaments that support our heads. This will lead to misalignments of the spine called "subluxations". These subluxation have far greater consequences than just neck and back pain and can affect all function in the body, including breathing, cardiac and digestive problems. This especially important for younger people who will spend many more years looking down at devices. Chiropractors are specifically trained in the detection and correction of subluxations to prevent these problems from occurring. Along with some modification of our device habits, we can prevent this from becoming a permanent condition of the neck. Make sure to have regular spinal adjustments along with advice and suggestions on ways to avoid Text Neck Syndrome.

Office Happenings and Doings



Office Hours

Office hours are:

Monday 8:30 AM - 12:00 PM ; 3:00 PM - 7:00 PM

Tuesday 3:00 PM - 6:00 PM

Wednesday 8:30 AM - 12:00 PM ; 3:00 PM - 7:00 PM

Friday 8:30 AM - 12:00 PM ; 3:00 PM - 6:00 PM

New Improvements at 68 East

Many of you have very kindly commented on our new ramp and stairs at the front of the office. We are always striving to keep the building in top shape and to honor the historical look of the village. We are also pleased to make access into the office safe and convenient for all. As a reminder, when leaving the office from the back parking lot please use caution when coming up to the ramp and watch for any pedestrians (especially young children) coming off the ramp. We would like to thank Dave Norris of Norris Quality Trimmers for an exceptional job!

Office Newsletters

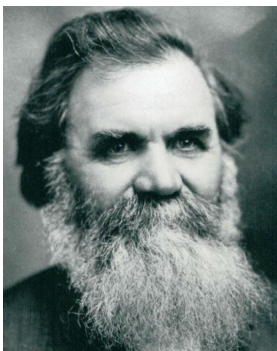
Curious to check out our previous office newsletters? Click [here](#) to check out past issues on our office website!

Check us out on Facebook!

Have you seen our Facebook page? If not, head to [our page](#) to Like and Follow! Please help us reach more folks by interacting and sharing the page to carry the great message of chiropractic care!! Thank you!!

Traffic and parking

We at Casey Family Chiropractic are proud to serve many members of our community and surrounding areas. There are times when the office can become a bit crowded. We strive to see everyone in a very timely manner while maintaining the personal care you have come to expect. We have noticed that during our peak times, parking can be a challenge. Many of our patients have taken advantage of parking around the corner on Arrow Point Lane (on the side of the street closest to the office) or at the Chase Bank parking lot. This is especially true for those with larger vehicles. It is much easier to park along the sidewalk, than trying to navigate into a tight parking spot (Helpful tip: when parking, try to back in to the spot. This makes leaving much easier, with less strain on your freshly adjusted neck!) We appreciate everyone's patience and understanding during those busy times. We also remind everyone to call for all appointments so that we may better serve you! Thank you for helping us to help others!!



D.D. Palmer, Founder of Chiropractic

Words of the Founders

CHIROPRACTIC DEFINED

“The Philosophy of Chiropractic is founded upon the knowledge of the manner in which vital functions are performed by Innate in health and disease. When this controlling intelligence is able to transmit mental impulses to all parts of the body, free and unobstructed, we have normal action which is health.

Innate directs its vital energy thru the nervous system to specialize the co-ordination of sensation and volition thru the cumulative and vegetative functions.

Knowing that our physical health and the intellectual progress of Innate (the

personified portion of Universal Intelligence) depend upon the proper alignment of the skeletal frame we feel it our bounden duty to replace any displaced bones so that physical and spiritual health, happiness and the full fruition of earthly life may be fully enjoyed.”

D.D. Palmer

pg. 399 The Chiropractor's Adjuster 1910

Our Mission Statement

“We at CASEY FAMILY CHIROPRACTIC are committed to serving the health care needs of our community by providing the highest quality chiropractic care possible. By educating our patients and practice members to their own inborn healing ability, we seek to make the world a better place one person at time.”



Kind regards,
Dr. Brian Casey and the team at Casey Family Chiropractic.



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