

Happy September From Casey Family Chiropractic!

The office will be closed on Monday,
September 1st, 2025 in observance of Labor
Day. We will re-open on Tuesday, September 2nd, 2025 at 3:00 PM.
Have an enjoyable holiday weekend!

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As we look around, we see the signs of summer winding down. The days are growing shorter, the nights cooler. Soon the leaves will begin their majestic swan dive of color, thrilling us with nature's beauty. We also know that summer has come to an end as we see, once again, the lumbering yellow school buses as they make their way throughout our neighborhoods bringing our children to school for another year of academia. Some come willingly, some begrudgingly but all the kids will begin to settle back into the groove of the school year, seeing friends that perhaps they haven't seen all summer. With all of this comes sitting in classes, carrying book bags that seem to be ever-increasing in weight and the general rush and hurry of getting to and from classes.

All of these activities, and many more factors can contribute to poor posture with sloping shoulders, tight backs and even bruises on foreheads where their heads hit the desk as they fell asleep 😊. But more seriously, this change in posture can also cause vertebral subluxations. These subluxations (misalignments of spinal bones causing interference to the nervous system of the body) can have many negative effects on a child's health. In terms of posture, the most obvious is that subluxations, left unchecked over time, may contribute to scoliosis (abnormal lateral curvature of the spine). It is important for all children to have a spinal checkup for scoliosis every year to detect any early changes in posture. At Casey Family Chiropractic, we check kids for scoliosis regularly. Just like an orthodontist who is specially trained in the alignment of teeth, the chiropractor is specially trained in the alignment of the spine. A more

subtle but potentially more serious effect of subluxations is the effect that it has on such things as concentration, focus, stamina and learning. Your nervous system; the brain, spinal cord, and all of the peripheral nerves, control and coordinate all functions in the human body. Subluxations interfere with this delicate and complex communication system which can prevent your child from expressing his or her full potential. It just makes sense: The best way for children to achieve their optimal level is by having a fully functioning nervous system! Chiropractic adjustments which are safe, fun and easy can help children in all areas of their lives. As an added bonus, chiropractic adjustments help boost immunity naturally! Children who are under regular chiropractic care get sick less and therefore miss fewer days of school (but don't tell them that!). Help your children to achieve their potential this school year, have their spines checked regularly to prevent problems before they start! Proper maintenance is the key to good health so call the office today for an appointment!

Harvey DD and BJ

**September 18th,
1895 -**

Chiropractic is Discovered

Sept. 18, 1895 marks a momentous day in the Chiropractic profession. It was on this day 130 years ago that the first Chiropractic adjustment was given and it is a fascinating story that actually has nothing to do with back pain!

In his own words, Daniel David Palmer, the Founder of Chiropractic, tells how he came to discover chiropractic: *"One question was always uppermost in my mind in my search for the cause of disease. I desired to know why one person was ailing and his associate, eating at the same table, working in the same shop, at the same bench, was not. Why? What difference was there in the two persons that caused one to have pneumonia, catarrh, typhoid, or rheumatism, while his partner similarly situated, escaped? Why? The question had worried thousands for centuries and was answered in September, 1895. Harvey Lillard, a janitor, in the Ryan Block, where I had my office, had been so deaf for 17 years that he could not hear the racket of a wagon on the street or the ticking of a watch. I made inquiry as to the cause of his deafness and was informed that when he was exerting*

himself in a cramped, stooping position he felt something give way in his back and immediately became deaf. An examination showed that a vertebra racked from its normal position. I reasoned that if that vertebra was replaced, the man's hearing should be restored. With this object in view, a half-hour's talk persuaded Mr. Lillard to allow me to replace it. I racked it into position by using the spinous process as a lever and soon the man could hear as before. There was nothing "accidental" about this, as it was accomplished with an object in view and the result was obtained. There was nothing "crude" about this adjustment; it was specific." **The Chiropractor's Adjustor; The Science, Art and Philosophy of Chiropractic** D.D. Palmer 1910

After this, Dr. Palmer went on to continue research in the special relationship of the spine to the central nervous system and overall health and function. His son, B.J. Palmer continued his father's work amassing a prodigious body of research and education over the next 50 years to give us today's chiropractic. We are proud to carry on the legacy of the Palmer family in our practice!

Office Happenings and Doings

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Office Hours

Mon. 8:30 AM - 12:00 PM 3:00 PM - 7:00 PM

Tues. 3:00 PM - 6:00 PM

Wed. 8:30 AM - 12:00 PM 3:00 PM - 7:00 PM

Fri. 8:30 AM - 12:00 PM 3:00 PM - 6:00 PM

We thank you for calling ahead for your appointments!

For emergencies, please call 911 or visit your local urgent care. To reach Dr. Casey in off-hours, you may call (845) 629-9414.

Space for Rent

As a reminder, we have office spaces upstairs for rent, perfect for a massage therapist or other practitioner. If you or someone you know is interested, please give the office a call.

Words of the Founders

BJ Palmer portrait

"The master maker of the human body did not create you and then run off and leave you masterless. He stayed on the job as innate, as the fellow within, as nerve transmission controlling every function of life, as spirit from above-down, inside-out, expressing, creating, exploring, directing you in every field and phase of experience so that your home is truly the world and the world is your home."

B.J. Palmer, D.C., Ph.C.

B. J. Palmer, D.C, Ph.C.

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One Last Thing...

Opening Day Sept, 8th, 2010

This month marks our 15th year at our "new" location at 68 East Main St.

in the 'ville! After 19 years in our Salisbury Mills office, this past 15 years has flown faster than I could've imagined. Thank you to all of our patients and practice members who have helped make this a thriving and vibrant office. We look forward to serving you for many more years to come!!

Our Mission Statement

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"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."

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



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