



**Casey Chiropractic**  
16 Wall Street  
Colchester, CT 06415  
(860) 537-2202  
[www.caseychiro.net](http://www.caseychiro.net)

*"Feel Better. Get Better. Live Better."*

**STAY CONNECTED**



**Monday - Friday: 9:00am - 6:00pm**

For more information visit us at: [caseychiro.net](http://caseychiro.net)

## [Request an Appointment](#)



NATIONAL  
**CHIROPRACTIC**  
HEALTH MONTH

Greetings!

This October, the American Chiropractic Association is hosting National Chiropractic Health Month with the theme #BacktoBasics, which highlights the importance of spinal health and the effectiveness of chiropractic services as treatments for musculoskeletal issues like back pain. Learn more at [acatoday.org/NCHM](http://acatoday.org/NCHM).

### **Condition of The Month: Neck Pain**

How much time do you spend on your cell phone each day? Our cell phones have become an important tool that we use for more than just making a phone call. Whether it's sending an occasional text, checking your email, or even reading the news, chances are you are spending more time than you may realize looking down at your phone.

More and more people are beginning to suffer from what is called "text neck." It's the strain in your neck that develops from poor posture when using cell phones, tablets, and other handheld devices. In order to reduce the amount of tension you may feel in your neck, try to avoid looking down for prolonged periods of time. Make sure you sit with proper posture while using any device, and try to bring the screen to eye level. Don't forget that chiropractic adjustments are another important aspect of maintaining the proper curve in your neck!



# Text neck?

Your phone is an accessory that we don't think of as an accessory. **But looking down at our phone for hours and hours is a really big issue.** That prolonged position puts stress on your cervical spine and causes pain in the neck – literally.

ACA recommends that you rest your elbow on your abdomen and hold the phone straight out in front of your eyes.



AMERICAN  
CHIROPRACTIC  
ASSOCIATION

[www.acatoday.org/patients](http://www.acatoday.org/patients)

## Chiropractic Care Can Help You!



### Check out these 5 steps to decrease your neck pain!

Do you experience a headache at the end of a long day? Tension in your neck or discomfort between your shoulder blades that won't go away? Have you tried everything from stretching to using a foam roller in an attempt to help relax the muscles in your back or neck, but the discomfort still seems to linger?

If you answered yes to any of those questions, or thought, "That sounds like me" then you are most likely suffering from misalignment of your spine. There is good news though, and that's that you're suffering unnecessarily!

Misalignment of the bones in your neck and back, called a subluxation, causes tension on the muscles that the bones attach to. That tension causes pressure on not only other muscles, but the blood vessels and nerves that travel through those areas.

When a nerve is under pressure, it doesn't function properly, and that sends your body a message. That message can be intense pain, or it can be one of those symptoms mentioned above. The most common symptoms are:

- Headache or Migraine
- Muscle pain or tension in the neck and mid back
- Sudden muscles spasms in the neck or shoulder
- Constant discomfort
- Numbness and tingling into the upper extremities

Ignored and left untreated, those symptoms can intensify and get worse over time. They might impact your performance at work, ruin your favorite pastime, keep you up at night, or limit your activities with family and friends.

The good news is that you don't need to live like this, chiropractic care can help! Chiropractic corrects the subluxations of your spine through gentle and specific adjustments. You can try stretches or rolling it out, but that is only effective at temporarily relieving the pain. Adjustments are the least invasive and the only modality to treat misalignment of your spine. Schedule your appointment today and work towards a healthier, happier life.

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**Don't forget to check out our [blog](#)!**

## Look For Us At These Events

**Sundays 9 am to 1 pm:** Colchester Farmer's Market on the town green.  
The last day is October 22!

## Take Care of Your Spine & Your Spine Will Take Care of You



**Yours In Health,**  
*Dr. Casey*

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