

# In life, no 'sidelines' for ex-coach

Being a coach is like being a parent — once you are a coach, you are always a coach.

And for one coach, who has been guiding and molding young men from Queen Anne's and Dorchester counties across the span of four decades, it's all about instinct.

Those instincts, which have served Chet Knight well, have come around to serve the coach.

Last summer, he noticed this monthly column, and instincts led him to Cianci Chiropractic Center and Dr. Chris Cianci.

"We hit it off right way as far as having a rapport with each other," said Knight. "He's a sports enthusiast and with him (having played football at Seaford) he's easy to talk to. He's down to earth and he explains everything to you. He doesn't leave you hanging."

The coach and the doctor found they have many things in common. Knight's son, also named Chris, scrimmaged against the doctor when Cambridge-South Dorchester was starting the summertime journey to what would be a fall state football championship under the leadership of Doug Fleetwood. Dr. Cianci would claim his Delaware state championship two years later, playing for Seaford High School.

But the years of competing and then coaching had taken a toll on Coach Knight. There was a battle with colon cancer, a plate in his neck and a herniated disc in his lumbar that had severely limited the physical education teacher.

"I'm not as active as I'd like to be, I've had a couple of serious operations," said Knight. "I read an article about the decompression table and that's what made me come. The column told about the success resulting from this table. It's awesome."

"Coach Knight told me he had sciatica of various intensity for five years prior to coming in to see us," said Dr. Cianci. "He had been to other doctors and been told he had degenerative disc disease and spinal arthritis. Being an athlete, physical education teacher and coach, his en-



## The Cianci Chronicles

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*(Authored by Bruce Bennett)*

tire life had been about being active. He desperately wanted to regain some of his activities and if at all possible he wanted to avoid having to undergo surgery."

While Knight didn't realize there would be a connection with the doctor before he visited Cianci Chiropractic in August, the decompression table as the centerpiece of his treatment plan was the answer he was looking for.

"That's why I came in here," said Knight. "I had read about him in the paper with this decompression table and I said 'I may be a candidate for that' because I had a herniated disc in my lumbar. So sure enough I came in here and he put me on the table."

"We started the spine decompression treatments and now I'm getting just adjustments. I've been off the (decompression) table since November."

And like the coach and physical education teacher he is, Knight pursued his treatment with the tenacity and commitment of a champion.

"I was very limited with what I could do, like swimming, walking, biking and of course playing golf — I love golf — and now I don't have any pain," said Knight. "I get a little discomfort now and again because the disc is herniated and Dr. Cianci told me I'd have to apply ice, which is no big deal. I've been applying ice to my injuries all of my life."

"I think he does a great job and I would highly recommend him."

"Once a person sees the decompression table," said Dr. Cianci, "and has it explained to them it's easy to understand how it works so well."

"Essentially it's a table that has multiple moveable sections."

The patient is placed on the table and attached to it by a specialized harness.

Then a computer moves one or more of the sections according to a very specialized protocol.

It puts a gentle traction on the spine; over time it helps to rehabilitate spinal discs and arthritic joints. It's quite comfortable, a number of our patients fall asleep while they are on it.

"For someone like Coach Knight, who has degenerated discs and spinal arthritis, the decompression table is the perfect choice to get them to have less pain and it helps them maximize their activity level."

"The technology and advancement of this decompression table is the only active technique that I know of for disc issues, arthritis and sciatica. Not many people are aware that it works well for cervical (neck) issues just as well."

"When people learn a little about the decompression table they often have more questions. For these people we will set up a 'discovery session' (consultation) where we sit with them, take their history, show them the table so they are more familiar with it. This allows us to discover more about them and their case. We answer questions and so forth. We can often let them know if they are even a candidate for spinal decompression or if some other technique or other doctor might be more beneficial."

Cianci Chiropractic Center can help you too. Contact the center at 410-820-4070 for a consultation, a discovery session or a private meeting with the doctor.

You can also find Cianci Chiropractic Center online at [www.drcianci.com](http://www.drcianci.com).

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