

Adjustor: 'Another tool in the box'

All she had ever heard about chiropractors was that they "cracked your neck."

She had had numerous friends and co-workers assure her that chiropractic could possibly help her chronic back and neck pain but she didn't think for a minute she could bear "the clicking sound" which she was sure that procedure would make.

Her fears, and thus her reluctance to even try chiropractic care, are shared by many, said Dr. Christopher Cianci, who has been practicing chiropractic in Easton since 1991.

"Modern chiropractic care," he said, "is certainly aware of that stigma and the tools have been developed and technology advanced to where the hands-on spinal adjustment at the neck is no longer necessary."

His reference here is a piece of equipment called an Adjustor. It is hand held and has two small arms which extend from it and, alternately, pulsate, left and right, gently nudging the spine over time, into a corrective position.

It is equipped with different "adjustment heads," each fashioned with cushions which fit over the ends of each arm.

It can be used over the course of the entire spine, from the neck to the lumbar region, thus duplicating and accomplishing the same results which the chiropractor would do traditionally with his hands but in a very gentle and comfortable way.

Unaware of the instrument now available for chiropractors, the young mother, even though in great distress, shied away from considering chiropractic care until a friend assured her that she could receive adjustments without the "popping and cracking" which she feared.

Not only does the Adjustor offer relief to those patients who are uncomfortable and uneasy with the prospect of hands-on adjustment, it offers a wide array of uses in the chiropractor's office.

"The precision and specificity of the adjustment heads allows us to use the instrument in a variety of cases," Dr. Cianci said.

"People with spinal arthritis, or scoliosis or even acute and chronic disc problems do well



The Cianci Chronicles

Dr. Christopher Cianci
Licensed chiropractor,
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(Authored by Bruce Hotchkiss)

with instrument adjusting.

"We've been able," Dr. Cianci continued, "to help really complex, chronic spinal conditions. Often, in those cases, patients are unable to bend and move normally. They frequently have trouble getting up from a chair or a car seat after sitting any amount of time. And getting up after household chores or working outside, such as gardening, both of which may require bending, can pose a major problem."

The Adjustor now offers an



Photo by Cyndie Eason

approach to chiropractic care without the "popping and clicking" stigma, which clings to the profession.

Twenty-five or so years ago, Dr. Cianci recalled, the main stream thinking was that patients with arthritis should limit their activity, sit in a rocking chair and hope they got better.

The less they moved, the theory was, the more they would be able to move over time. This backfired. The less active people were the less active and the more restricted they became.

Progressive thinking is that appropriate exercise and maintaining movement that is needed for the day-to-day activities — walking, lifting, bending, shopping and the like — is the best way to halt the limiting effects of arthritis (or osteoarthritis) or disc degeneration can have on a person's life and life style.

The Adjustor, Dr. Cianci said "another technical advancement that we can use clinically on patients who, for whatever reason, are not fans of hands-on adjustment and wish to avoid any 'popping and clicking' which may occur in the process."

The Adjustor, Dr. Cianci said, "is just another tool in the box."

Dr. Cianci obtained an Adjustor, along with other modern equipment such as the decompression table and the laser, when he moved into a new office on Brooks Drive seven years ago.

"I was — and am — sympathetic with the fact that many people who could benefit from chiropractic care are cautious about it.

"This young mother was, until by chance, one day while waiting from her adjustment, saw me using it on an older and somewhat frail woman who then assured her it was not only comfortable in use but was providing her comfort as well."

The young woman continues in care today and, according to Dr. Cianci, "is doing quite well."

(For more information on Cianci Chiropractic, call the office at 410-820-4070 to set up a visit with Dr. Cianci or to attend his free bi-monthly health seminars. You can also find Cianci Chiropractic online at www.drcianci.com.)

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