

# Back pain woes? Think decompression

She was young, in her 20s: Attractive, energetic, recently married and anxious to get on with her life which held so much promise. But she could not.

She was, to all intents and purposes, a cripple, hobbled by a grossly degenerated disc in her lower back.

She had had lower back pain for five years.

She was told she had a bulging disc, She had done everything her well-meaning doctors had recommended.

She was on six different medications. She had spent three years going to a pain clinic.

She has had two courses of physical therapy. She had had a nerve block.

Oh, she had had cortizone shots — lots of shots, too many probably. Surgery, she was informed, had only a 50-50 chance of success in her case.

The odds dismayed her.

Surgery, which settled on the wrong side of those odds, could doom her to a life of unabated misery and pain.

Despite all of that, she could not exercise, walk her dog or sit or stand for long periods of time.

She was desperate, searching for some answer to a fulfilling life. She found it.

It is called spinal decompression. It is a treatment which, when properly administered, can rehabilitate degenerated discs.

Spinal decompression is offered in the Cianci Chiropractic Clinic in Easton.

In treatment, the patient lies on a special table which, under computerized direction, slowly separates the three moveable sections of the table to which the patient is attached, gently separating the swollen and inflamed discs and, over time, healing them.

The only decompression table in this area is in the Easton office of Dr. Christopher



## The Cianci Chronicles

**Dr. Christopher Cianci**  
**Licensed chiropractor,**  
**Easton Md.**

*(Authored by Bruce Hotchkiss)*

Cianci.

In the 1950s and '60s, patients with spinal issues were put in traction in the hospital for weeks on end. The prolonged traction required, of course, prolonged confinement to bed.

Even though some patients got better, doctors realized that weeks of being in bed sapped their patients' strength and many often, soon after, re-injured the spine because of the weakness that developed from the extended bed rest.

Today's computerized decompression tables complete a session in about 15 minutes and unlike the constant pull of old-fashioned traction, the table of today alters the traction force under instruction from the computer and cycles through various prescribed protocols that, in effect, provide a gentle "pumping" motion to the injured discs.

This is all very comfortable. In fact, many of Dr. Cianci's patients fall asleep during the treatment.

Dr. Cianci had been a consultant for a chiropractic consulting company. One of his assignments was to review decompression technology. He got red-carpet tours from manufacturers across the country.

"I was able to assess the technology (of the various manufacturers), and to get first

hand accounts of their research. I even saw the tables being manufactured."

It was out of that experience that Dr. Cianci felt he must bring this technology to the Shore.

He noted, however, that only about 10 percent of his patients qualify clinically to be candidates for decompression.

"It has performed beyond my expectations from the first patient who occupied the table," he said.

No one is immune to spinal issues that decompression can help, Dr. Cianci observed.

He has had patients ranging in age from their 80s to their 20s.

Age is not a factor, he stressed, in his decision to recommend decompression. Severity is, however, with such issues as arthritis, stenosis, sciatica or perhaps after unsuccessful surgery or for people who want to avoid surgery.

"Decompression can often be the key to getting a patient back to feeling better and to regaining lost activity," he said.

Decompression is the only process which Dr. Cianci has seen that actually helps rehabilitate spinal discs.

He jokingly refers to that portion of his clinic occupied by the decompression table as his "disc rejuvenation division."

Dr. Cianci believes that there is a segment of the population burdened by debilitating pain in the lower back or neck who feel they are running out of options.

Are you one?

Call and ask to schedule what Dr. Cianci calls "a discovery session."

He will review your history, your MRI reports if you have them, he'll ask you questions and you can ask him questions as well.

Most importantly you can see the decompression table and how it works.

Call today 410-820-4070.

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