

Battling long-ago injuries

For Kimberly, Lori and Chillian, chiropractic care is a family affair.

In effect, one led the other to the path of wellness and to the office of Easton chiropractor, Dr. Christopher Cianci.

In the opening years of 2000, Kimberly Baker, while playing tennis at Cross Courts in Easton, suffered a crippling stabbing pain in her back. Although she had been free of pain for six years after surgery for a ruptured disc, she apparently slipped on the tennis court. The next day, she told her husband, "I've got to see a chiropractor."

"Oh," responded husband Glenn. "Go see Dr. Cianci. We play golf together."

Within an hour, she was in the office of Dr. Cianci and within six weeks was back on the tennis court.

Fast forward. Some two years ago, Kimberly, in a chat with her sister, Lori Cuthbert, learned of the increasing frequency of migraine headaches suffered by Lori's son — and Kimberly's nephew — Chillian Cuthbert-Emon.

Chillian, then nine, a student at St. Michaels Elementary, did what he could to fight those awful headaches with a pain killer and a health drink, but with very little success.

Kimberly, knowing the healing power of chiropractic care, suggested to Lori that she take Chillian to the Cianci Chiropractic Center.

Lori, who herself had been a chiropractic patient many years before, agreed.

Today, Chillian, now 11, testifies to the success of the care that followed.

"Those migraines were terrible," he said, "but I have very few now. I have learned that chiropractic adjustments are very good for the body."

Rewind a bit.

Lori Cuthbert and her husband, Mark Emon, came to the Eastern Shore and St. Michaels from the Washington D.C. area 11 years ago.

She brought with her, her office and her job, editor-in-chief of DiscoveryNews.com, a computer news website which she herself launched 16 years ago as an off-shoot of The Discovery Channel.

Husband Mark, who was in between jobs, searched for something to do in his new



The Cianci Chronicles

Dr. Christopher Cianci
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(Authored by Bruce Hotchkiss)

non-metropolitan life. He began thinking about -- and talking about-- making wine.

It materialized 10 years ago. He and Lori created the St. Michaels Winery.

Through all of this, Lori confessed to virtually constant lower back pain. It had been with her a good part of her life.

She recalled seeking chiropractic care in her 30s — she is now 51 — "but I stopped that (care) a long time ago," she said.

Standing in the office of Dr. Cianci and observing his adjustments of son Chillian, and hearing her son say that he was feeling so much better, she decided, "Hey, it's time I took care of myself."

Dr. Cianci says that Lori's history is often mistakenly described by patients as "normal."

Dr. Cianci takes exception to that characterization.

"In most cases," he said, "normal" in the vernacular often means 'common.' One could say wearing eye glasses after age 40 is 'normal'. It's not 'normal', it's common. 'Normal' means you don't have to do anything about it."

Lori was like a lot of other kids, active athletically, Dr. Cianci said.

"She broke her collarbone twice, once falling off a slide, and the other playing soccer.

As a gymnast too, for eight years, she had numerous falls, Dr. Cianci said. And she ran into a cement wall at age 12.

Lori agrees it probably was a combination of irritants through the years that caused her back discomforts. She mentioned her athletic participations, such as working on the parallel bars and playing soccer..."

"Soccer on a frozen pool," Chillian reminded her. "That was crazy," she said.

"And oh yes," she recalled. "I remember leaning over to pick up my 20-pound puppy. I locked up. I knew right away that was not the right thing to have done.

"The body remembers all of those traumas acquired in youth and they rear their heads, so to speak, in our later years," Dr. Cianci said.

Lori also recalled that she wanted to jog and always experienced some level of pain. She also recalled that because of her back pain, she could not sleep on her left side and that she would occasionally move into an awkward posture - she called it "crooked," --only to prolong the pain.

Dr. Cianci offered this commentary on his profession and his practice.

"I remind patients every day that our body records injuries sustained in our youth and we see the long-standing effects of unresolved childhood trauma, injuries that occur when we are young.

"They heal wrongly and then fester overtime. These injuries are under our radar. Meanwhile, they cause rubbing on delicate nerves and there's friction on discs and joints, leading to arthritis.

"All of this happens silently, without symptoms. Until eventually the body can't deal with with it anymore"

For Lori, Dr. Cianci concluded, "We have been able to help her begin to recapture the athletic person she was."

That beginning is certainly under way. Lori reports that since she "started seeing Dr. Chris, I'm able to do activities pain free that I haven't been able to in decades. Whether it's gardening, playing soccer and basketball with my son or rollerblading, I feel looser and more mobile."

Lori remarked that the success of Dr. Chris' treatment in keeping Chillian migraine-free "is remarkable on its own, but it made me realize that I needed to take care of myself, too.

"As a full-time working mom, I need to be able to take on the world without my body giving me trouble. Chiropractic care plays an integral part in letting me do that."

(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.)