

# This prenatal care was chiropractic!

As Charlotte Callis of Easton reflected on the final months of her pregnancy, she was able, most thankfully, to do so without excruciating pain.

Charlotte, 42, is a first grade teacher at Easton Elementary School.

In the course of the pregnancy, a pain, which she described as “like an ice pick stabbing her in the leg” developed in the area of her right hip.

“Every step brought tears,” she said. She fought through it but “it was impossible to work,,,,,” Still, she continued to teach despite her pain.

She described how she walked, down the halls, dragging her right leg.

“I had to get people to help me anytime I had to leave the classroom,” she said.

Standard pain relievers, even in large doses, offered little help.

Finally, during a visit to her gynecologist, the office midwife, Kimberly Windels, suggested Charlotte seek chiropractic care.

Although totally unfamiliar with chiropractic, Charlotte decided to take Windels’ counsel. She looked up area chiropractors.

Dr. Christopher Cianci was first on the list. She arranged an appointment for Feb. 13.

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“Before I walked into the consultation room to meet Charlotte,” Dr. Cianci recalled, “my staff had informed me that she was pregnant.

But that wasn’t what I noted first.

“I saw a woman in obvious distress, with reddened eyes from crying. She was sitting crooked in the chair, in obvious discomfort.”

As he chatted with her and reviewed her medical history, she demonstrated that walking, and even standing, was almost impossible for her because of the pain.

And she told Dr. Cianci she wanted desperately to stockpile as many days off as she could until after her child was born to provide a smooth transition for the introduction of the new



## The Cianci Chronicles

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

*(Authored by Bruce Hotchkiss)*

member of the family to her awaiting family.

“I felt an urgent need to help Charlotte,” Dr. Cianci said.

Dr. Cianci’s initial examination includes a scan of the nervous system, a reading of nerve impulses a . . . “nothing of course that would harm a baby in any way.”

Also, of course, in Charlotte’s case, no x-rays.

“It was obvious,” Dr. Cianci observed, “that Charlotte had some misaligned vertebrae that were irritating the nerves that supply her legs and hips. The inability to walk was from hip pain but the cause of the pain was in the spine — which is often the case.”

The Easton chiropractor had these observations:

“Chiropractic works great for pregnant women. I often see patients in various stages of pregnancy and without exception they say the same thing — ‘I wish I started care here earlier in the pregnancy or even before I became pregnant.’

“At no time in a woman’s life will her body change more than it does in the nine-month time frame of pregnancy so maintaining alignment is essential.

“The role of the nervous system is to help the body adapt to its environment and it’s even more critical during pregnancy to ensure a safe, more comfortable pregnancy and delivery. It also helps ensure a quick recovery postpartum.”

Dr. Cianci noted that more and more of the progressive

women — and medical personnel — are viewing chiropractic as a safe and natural alternative for pregnant women to optimize their health before and after delivery.

“Adjusting to the needs of a newborn are hard enough — chiropractic can help smooth out the whole process. Once a young mother has chiropractic care through pregnancy, she demands it for any more children she has going forward,” Dr. Cianci said.

“With the movement toward a more natural approach to health and wellness that is so prevalent today, more and more women want to avoid the pain pills that are often recommended.

Chiropractic fits nicely and safely into that concept.”

Dr. Cianci added that most of the commonly recommended medications for pain have never been tested on pregnant women and “a lot of progressive mothers are aware of that.”

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Charlotte reported that even after a few visits with Dr. Cianci, she began to feel “a huge difference.” The pain was still there but for the first time, it was manageable without pain pills, she said.

Sadie Ella was born at 11:42 p.m. on April, 18.

Charlotte, determined to remain relatively pain free in the hip, continued to see Dr. Cianci until Sadie’s birth.

Now, when possible, two members of the Callis family will be visiting the Cianci Chiropractic Center. “I will be bringing Sadie Ella with me whenever I can,” said the child’s mother, bubbling with delight beaming with pride.

“She is absolutely perfect.”

*(Dr. Christopher Cianci has been providing chiropractic health care in Easton since 1991. The Cianci Chiropractic Center is located at 8737 Brooks Drive, Suite 201, in the industrial and commercial park on Glebe Road, across from the new Lowe’s. For further information, call 410-820-4070 or visit him on the Web at [www.drcianci.com](http://www.drcianci.com).)*