

Chiropractic care: A new way of life

Time was, Elaine Young recalls, when travel beyond the confines of her home and community was out of the question.

The prospect of an intensely painful episode in her lower back in unfamiliar surroundings away from care was very, very compelling.

Not so anymore.

Finally free of a persistent and nagging back pain and the ever-present apprehension that accompanied it, she and her husband, Leon, are now locking up their Easton home and enjoying their senior years with frequent travel and visits to Elaine's home and family in New Jersey.

At 69 years old and retired, Elaine Young proclaims, "I have no fear anymore to do the things I want to do."

She hands credit for that, with thanks, to Easton chiropractor Dr. Christopher Cianci.

Step back a few years.

It was the mid-2000s, and Dr. Cianci had opened an office on Dutchman's Lane in Easton in 1991. As part of a chiropractic outreach and educational effort, he frequently arranged to hold seminars on chiropractic care within the community where people might benefit from his talks.

It was at such a seminar, at a popular gym for women in Easton, early in 2005, where Elaine Young decided it was time to return to chiropractic care.

She was familiar with the profession. Living and working in Union, N.J., she had been seeing chiropractors since the 1970s, seeking relief from what is commonly called a "slipped disc", the result of degenerative disc disease.

The lower back pain, which she had had for most of her life, was compelling, she said. When it intensified or went into a spasm, "it often meant weeks of bed rest and concerted chiropractic care," she said.

"I was terribly apprehensive, all the time," she continued. "Anything I would do, always in the back of my mind was the thought and fear of bringing on an attack."

So, at that seminar at the



The Cianci Chronicles

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

Easton gym, Elaine decided to have a consultation and evaluation to see if Dr. Cianci could help her with what had come to be a lifelong disability.

She started her care on January 10, 2005.

"One of the first things I remember about Elaine was how cautious she was about how she moved," Dr. Cianci recalled.

"She restricted any activities, especially travel, if she thought it might cause her to have one of those historic episodes she had experienced many times in her life."

Dr. Cianci, called to mind Elaine's visits nearly a decade ago. He said that Elaine "honestly didn't appear as though she had a lot of hope. ... It was sort of 'that's the way it had always been.' I think she had just come to believe that a very limited life was going to be a part of her future."

Clinically, Dr. Cianci noted that the findings of her neurological examination indicated nerve irritation — pinched nerves — around five of her 24 vertebrae. X-rays revealed degenerative disc disease in her neck and back and her records noted some weakness in the hip and one of her shoulders.

"Her long history of neck pain and arthritic changes we saw on x-ray made it clear that her care would involve extensive work," Dr. Cianci said, adding, however, that over the last 20 plus years, "we have helped thousands of people with similar and even worse problems and worse clinical presentations."

As with anyone else who had experienced what Elaine had, it took some convincing on our part, Dr. Cianci said, and some trust and patience on her part before we began care.

"In reviewing her records for this article," Dr. Cianci said, "I went through Elaine's examination paperwork from back in 2005 and it brought a smile to my face to see her progress."

"We often tell our patients that our job here is to help them get to the wellness phase of care. Wellness care in our office is about keeping our patients healthy, mobile and active.

Elaine exhibits those accomplishments in her life now, and hopefully, for many years to come."

As she recalls those days before she became a patient of Dr. Cianci — and she has continued chiropractic maintenance under his care all of these years, Elaine remembers the apprehension which accompanied the back pain as much as the back pain itself.

The mere thought of doing something — anything — that would trigger an attack was as limiting to her life and lifestyle as it would have been had she engaged in that activity.

But that apprehension is gone.

"I have no fear at all now to do things," she said happily. "We go places, like Florida and the Caribbean, for two or three months, with no worry whatsoever."

But what about being distant from Dr. Cianci and missing her appointments?

"When I am home and feel a soreness, he fixes me right up," she said. "But you know what? I'm not going to worry about that. I don't think I have to anymore."

(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 more information, phone 410-820-4070 or visit him on the Web at www.drcianci.com.)