

‘By the end of one week,I had no pain at all’

Bulging discs no match for high-tech equipment

By DR. CHRISTOPHER CIANCI

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It was Monday, Jan. 18. It was a relatively warm, sunny January morning, but Della Sinclair had a blistering headache. Driving into Easton from her home in Preston, she knew instinctively that it was a ‘tension’ headache, not unfamiliar to a homemaker who shares in the daily operation of her husband’s business, Sinclair Tree Service.

That morning, she was en route to one of her regularly scheduled appointments with Easton chiropractor Dr. Christopher Cianci. She has been seeking his care for chronic neck and back pain and stenosis since last August. That Monday appointment, however, was of particular value.

"I was all tensed up," she said later that morning, after her adjustment. "I walked in here with a headache. It was gone in only a few minutes. It’s amazing."

Della, who is 59, a native of Federalsburg and a lifelong resident of Caroline County, was not unfamiliar with chiropractic care. She and her husband, Archie – also now a patient of Dr. Cianci – for perhaps as many as five years had driven all the way to Salisbury for appointments with Dr. Tim Morrison who heads a large chiropractic clinic there.

He had been treating her for headaches and a hip problem, she said, but in July, when she suddenly developed a shooting, intense and persistent pain in her left arm, Dr. Morrison, who had attended chiropractic school with Dr. Cianci, urged Della to consult his colleague and friend in Easton, because, Dr. Morrison told her, Dr. Cianci has some new equipment, including a decompression table, which might be more specific in addressing her problems.

In his initial evaluation, Dr. Cianci reviewed her MRI, x-rays and some specialized nervous system tests performed in his office, confirming that she was suffering from stenosis and degenerative disc disease. "Mrs. Sinclair was a perfect candidate," he said, "for spinal decompression."

In that treatment, a patient is placed on a specialized computer-controlled table, which places gentle traction on the spine which, in turn, decompresses the discs and relieves the nerve pressure imposed by those bulging discs. "More and more patients are benefiting from spinal decompression," Dr. Cianci said. "Many have already had spinal surgery that didn’t work long-term. Others, like Mrs. Sinclair, may have been told surgery was an option but they wanted to avoid that if at all possible."

On her first visit to Dr. Cianci, Della could not drive. The pain in her neck, radiating down her arm, was unbearable, she said. Her daughter - one of the Sinclair's five children - had to drive her to Easton. "Her left arm was in a sling," Dr. Cianci recalled. "Just the matter of her arm hanging at her side was painful." He immediately prescribed the decompression table.

"I had been on pain killers," she recalled. But they were soon history. "By the end of the first week, I had no pain at all," she said. "It simply went away."

As she continues her chiropractic care, now on a path to wellness, she offered this non-clinical diagnosis of her chiropractor.

Noting that the office is always warm and friendly and full of smiles, unlike other doctors' offices, she added, "Dr. Cianci has such a great personality.... And what he does works. It's wonderful."