

# He's back in the saddle again

It was a logical, and certainly smooth transition.

Mike Linardi went from being a coach to a patient.

And Easton chiropractor Dr. Christopher Cianci went from being a client to a healer.

And the transition needed no more of an elaborate setting than Dr. Cianci's office off of Glebe Road.

Linardi, 57, is a credentialed business and executive coach, an endeavor, as he describes it, which assists the officials of both small businesses and large companies, to 'fine tune' their operations and performance, "to look at what's working well, and what isn't," and to explore ways to improve it.

With a master's degree in health and fitness management, Linardi initially employed that education as manager of employee wellness programs at such prestigious businesses as Johnson & Johnson and General Motors before coming to Easton 25 years ago to become manager of health promotion at the Delmarva Health Plan.

Then, 14 years ago, deciding he wanted to be on his own, he established a business, which he called Halcyon Coaching. His business card reads: "Smoothing the waters of your life."

Those waters are calmed, he said, by exploring five areas of every venture: Customer and client relations, employee issues, creation and management of revenue, focus and organization, and goal-setting.

Linardi and Dr. Cianci had previously met casually and about four years ago, the chiropractor called the coach.

Let's chat, the chiropractor said. Agreed said the coach. The chiropractor became a client.

Then, last September, the coach became a patient.

Linardi lives in Longwoods, in a 100-plus-year-old house



## The Cianci Chronicles

**Dr. Christopher Cianci**

**Licensed chiropractor,**

**Easton Md.**

*(Authored by Bruce Hotchkiss)*

which, he said, used to be both a church and a post office before they put two structures together.

"It's a fascinating place to live," he said

But old houses have old windows which, more often than not, resist opening without a great deal of effort.

"I was doing it just right," Linardi recalls, "legs bent, pushing up, and," placing his right hand on his lower back, "I felt something give."

He confessed to have lower back issues most of his life, but, he said, "it would come and go and usually not last for a long time."

This time it was different. An accomplished rider of horses and a dressage competitor, Linardi found that he could no longer ride.

Although skeptical about chiropractic care, the coach called the chiropractor and on Sept. 21, the coach became a patient and the transition was complete.

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Linardi's history, not unlike that of many patients, included an accident of sorts-- this one a fall out of a tree, face first-- when he was a youngster, Dr. Cianci reported.

As he initiated care, Dr. Cianci

said, he was concerned that his patient had become very cautious about riding.

"To reach an elite level (in that endeavor), the competitor needs to have a freedom of movement (in the torso and lower back). Mike did not have that freedom," Dr. Cianci said.

It was more precise than that. Linardi's riding instructor continued to ask him to "lengthen his right side" but, despite his conscious effort to do so, he could not, he told the chiropractor.

As an elite performer, Linardi found his inability to comply unacceptable. Dr. Cianci said he was truly "out of sorts."

"His energy level was low, he could not exercise, his spinal condition had spread to impact his life on broad level.

"Thankfully, with us being specific in finding and correcting his problem, we were able to get him back into riding and back to the elite level of performance to which he aspires."

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For Linardi, the coach, the introduction into Cianci's world -- the process of interview, initial consultation, education about chiropractic, x-rays, evaluation -- was "really great," a new and enlightening experience.

And the result, after two months of treatment? "It's amazing. I have no pain."

Mike Linardi is back in the saddle again.

*(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).)*

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*Watch for important announcement here next month!*

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