

# Chiropractic care comes full circle

Mike Miller is 49, tall, husky, obviously athletic, a father and coach.

When he was a kid, he had asthma.

There's a connection here.

It took chiropractic care to relieve his boyhood asthma and it takes chiropractic care to keep active and athletic for his job as golf course superintendent at the Harbourtowne Golf Resort and Conference Center in St. Michaels, Md.

Years ago, Dr. Caldwell — Mike Miller pulled the name from his memory — had a chiropractic practice on Skytop Mountain in Centre County Pennsylvania, near where he grew up.

His parents were regular patients and, at seven or eight, son Michael would accompany them to their appointments.

On one occasion, Dr. Caldwell inquired of the boy's asthmatic distress.

"Let me have a look at him," he said.

Miller remembers that, after only a short period of time under Dr. Caldwell's care, he began to feel relief.

"I'm told, of course, that kids grow out of asthma," Miller said, "but I am convinced that Dr. Caldwell certainly hastened that process."

Fast forward.

Miller is 30, married, he and Maureen, now living in Cordova, begin building a family.

He assumes the task of golf course superintendent at Harbourtowne and all the physical and mental stresses placed on the body by such a profession.

That is accompanied, not surprisingly; by mid- and lower-back pain.

About a year earlier, a young chiropractor, Dr. Christopher Cianci, had opened a practice on Dutchman's Lane in Easton.

Miller said his body told



## The Cianci Chronicles

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

*(Authored by Bruce Hotchkiss)*

him it was time for some chiropractic attention.

He became a patient.  
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Consider this as we consider Mike Miller, Dr. Cianci said.

The human body is much like a golf course.

Both require on-going fine-tuning.

"There are times when the body — and the course — need a lot of attention. Like the course in a hot, dry summer.

Or, in October, 2008, like Mike after he was rear-ended on the Easton bypass.

"I felt so bad for Mike because he had worked so hard over the years to keep himself healthy, mobile and active," Dr. Cianci said,

Then, on the flip side, and much like a golf course, there are times when less attention — less chiropractic work — is needed.

For example, Dr. Cianci said, "after a patient, let's say a patient suffering from arthritis, has been under care and they are feeling better — when they have regained momentum — then periodic wellness checkups are in order so the patient stays sharp, remains active and keeps the effects of arthritis at bay."

Mike has some spinal arthritis, Dr. Cianci said, noting that a lot of people are not aware that chiropractic care "can be an all-natural approach to minimize the negative effects of pain and movement limitation which often accompany the condition.

Dr. Cianci said he uses what he calls "a systematic approach" with arthritis patients such as Mike "so they don't have to settle for a life constrained by pain and inactivity."  
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The patient-doctor relationship, that began nearly two decades ago between Miller and Dr. Cianci, continues today.

"I test him," Miller said, smiling. "I make him use every trick in his book. But he knows chiropractic care. He's a pro."

By the way, Miller's parents still seek chiropractic attention when needed at the office on Skytop Mountain.

"I think Dr. Caldwell's son-in-law has it now," Miller said.

## HOUSE CALLS

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