

# ‘Breaking the rules’ for life in senior years

There’s more to chiropractic care than the traditional adjustment of the spine.

It has a broader mission — to establish a path to wellness.

Sue Ella Meadows, 69, began to walk that path about a dozen years ago when she made an appointment with Dr. Christopher Cianci in Easton and, happily, she is still on it.

Dr. Cianci, she says, considers “the whole person. ... He cares about my wellness.”

Meadows, the wife of a retired United Airlines pilot, sought out Dr. Cianci because of a nagging lower back pain. Over-the-counter pain relievers were not doing the trick.

His evaluation was extremely thorough, she recalls.

The x-rays (there had been none in a previous chiropractic experience) revealed scoliosis., deterioration of the lower vertebrae and a fractured coccyx, the result of a childhood injury.

But Dr. Cianci’s was also concerned about Meadows’ stance, her gait.

When she was 33, Meadows related to him, she was playing whiffle ball with her then four-year-old son Jay,

He hit the ball over her head.

“As I was running backwards to catch it, I stepped in a hole,” she said. “Broke two bones in my left ankle and literally tore away the Achilles tendon ... five days in the hospital ... months in a cast ... it was awful.”

The result: Corrective orthotic inserts for her shoes..

Then Meadows discovered, eight years ago, that the path to



## The Cianci Chronicles

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

*(Authored by Bruce Hotchkiss)*

wellness may have more bumps.

“I was diagnosed with osteoporosis,” she said. “And Dr. Cianci’s was so very helpful. He thoroughly researched all the possible options for treatment and although neither of us favored medicine, his research indicated that one drug might be the best course. He was right. There has been significant bone increase.”

But her wellness regimen is not confined to the chiropractic office.

She regularly engages in a modest weight-lifting program and a pilates class.

Her motivations, the driving forces in this determined march to wellness? Three children, three grandchildren and her garden.

The Meadows’ homestead is garden display, flowers and produce.

“With four acres, I have to do something with it.” And for it and the kids, she added, “I have

got to keep going.”

\* \* \*

Mrs. Meadows is a text-book example of what happens when a person, ignoring what the x-rays show, works on being healthy and includes chiropractic care in that regimen, Dr. Cianci said.

She has significant scoliosis — abnormal spinal curvature — and advanced arthritis in her spine.

“I suspect that most physicians, just looking at the x-rays alone, would conclude that she has limited mobility, is in pain most days, probably is on several medications and will, no doubt, need assistance soon to go through her daily activities,” Dr. Cianci continued.

“That, quite simply, is not the case for Sue Ella Meadows. She is more active than patients half her age and she’s showing no signs of slowing down.

“She ‘breaks the rules’, you might say, on what life has to be after a certain age — a life bound by physical limitations and filled with pain.

“She will tell you, as will I, it simply does not have to end that way,” Dr. Cianci said.

*(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).)*

---

*Dr. Cianci’s columns are also available online. Visit [www.drcianci.com](http://www.drcianci.com), and click on “In The News.”*

---