

Special Olympics winner:

Dooley standing on medal stand of life

Chiropractic care is not only evidenced in the performance of the body but also in the functioning and performance of the brain.

Chiropractic adjustments not only urge the body to seek peak performance but, on the way to having achieved that, impact thought and attitude and self-esteem and other functions of the brain.

Meet Chris Dooley: He is 33 years old, lives in Denton and attends the Caroline Shelter Center in Ridgely.

He is an accomplished and dedicated athlete, and a Special Olympics medal winner.

Chris also is intellectually disabled.

In January of 2012, Chris became a patient of Easton chiropractor Dr. Christopher Cianci.

Chris's family members said that he displayed an excessive preoccupation with and worry about his health and the thought was that Dr. Cianci might be able to help the young man overcome that disabling hypochondria.

Chris's assessment today?

"I think he made my life a whole lot better. My posture is better — I'm standing up straighter. I sleep a lot better at night."

There was a pause. "And he makes me smile," he added, indeed with a broad smile on his face.

Dr. Cianci's chiropractic care also encouraged Chris's attention to his body.

He is, by all descriptions, an all-around athlete, proficient in everything from basketball to swimming, from golf to cycling.

Oh yes, in 2015 in the Special Olympics World Games in Los Angeles, he was one of four athletes on the United States kayaking team.

He won the bronze medal for third place, competing against athletes from around the world.

In April of that same year, he was named "Special Olympic Athlete of



The Cianci Chronicles

Dr. Christopher Cianci
Licensed chiropractor,
Easton Md.

(Authored by Bruce Hotchkiss)

the Month" in Maryland.

That propelled him into involvement in the Special Olympic's Athlete Leadership Program which teaches the disabled athletes how to go into the community and tell others about the Special Olympics and how it has impacted their lives.

In that regard, Chris, who wants to be a teacher, is an usher at Sts. Peter and Paul Church in Easton and a member of the church's Knights of Columbus Regina Caeli Council, a charitable organization that helps those in need.

Also on pursuit of his Special Olympics responsibilities, he interviewed Dr. Cianci and posted it on the web.

It was, he said, to let viewers know how chiropractic care impacted his accomplishments.

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Chiropractic is really about removing "interferences" so a person can fully express themselves, Dr. Cianci said

"The ability for us to perform at our best is innate," he explained. "Chiropractic removes anything that inhibits the expression of health, or in this case, the performance of an athlete."

"Chris is a great example of the chiropractic promise that we, as human beings, were born to be healthy," Dr. Cianci continued. "If your health is not up to par, it is generally because something is 'interfering' with your wish, or intent, or determination to be healthy."

In Chris's case, Dr. Cianci said, "he performs now (as a Special Olympics athlete) because, as a result of chiropractic care, has less interference from a fine-tuned nervous system.

"It works that way for Chris," the Easton chiropractor said. "It works that way for everyone."

* * *

For a recent appointment, Chris arrived eagerly searching his Smartphone for a photo.

He had just returned from a Bay fishing trip with fellow members of the Knights of Columbus and obviously had something to display.

With Cianci's help he found the photo. It was of the fishing group, back on shore, gathered around Chris while he held a huge rockfish.

"Thirty-nine -and-a-half inches," Chris said.

How long did it take him to bring him to the boat?

"A lonnnnnnnng time."

And what happened to the fish?

Chris made a motion as if filleting the catch. "It's for dinner," he said.

(Note: For an interview with Chris as Special Olympic "Athlete of the Month" in April, 2015, Google "Chris Dooley Special Olympics" and click on "Athlete of the Month.")

(Cianci Chiropractic Center is located at 8737 Brooks Drive in the Easton Industrial Park. You may schedule a discovery session or attend a free bi-monthly Wednesday evening health enrichment workshop. Contact Cianci Chiropractic at 410-820-4070. You can also find Cianci Chiropractic online at www.drcianci.com.)

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