

Short right leg brings pain, imbalance:

Patching up a 'structural deficit'

More than 20 years ago, 7-year-old Chris Homeister suffered a brain aneurysm while he was in elementary school.

And while the 31-year-old was rather harshly introduced to the medical profession at a young age, it was quite a while before the resulting limitations of the aneurysm prevented him from participating in sports with his peers, including baseball, hockey — and even volleyball.

But while out on the practice field, the active 12-year-old noticed a persistent pain in his hip.

Eventually the pain grew to the point where it was difficult for him to run bases and retrieve ground balls.

And while advice and treatments were plentiful, and medications would temporarily disguise the pain, the curiosity he learned as a 7-year-old with a life-threatening brain aneurysm served him well as a preteen.

He wanted to learn why his hip pain had begun to develop, which eventually led to family friend and chiropractor, Dr. Patricia Odette.

Even during his first visit, Homeister could tell what a difference it made.

"The pain was gone almost immediately, or, at least this treatment improved the pain tremendously," said Homeister. "I knew right away that's what I needed."

So, after living in six states in nine years getting his bachelor's and master's degrees, the first thing Homeister did once he moved to Delmarva was to seek out a chiropractor. Cianci Chiropractic Center was the answer he was looking for.

Dr. Cianci explained to him how his aneurysm had made the right side of his body weak.

"His right leg was short and he needed a three-quarter-inch lift on



The Cianci Chronicles

Dr. Christopher Cianci
Licensed chiropractor,
Easton Md.

(Authored by Bruce Bennett)

his right shoe to keep balance in his spine and pelvis," Dr. Cianni said.

"Those weaknesses and imbalances could set Chris up for all kinds of musculo-skeletal problems. He was left with a significant structural deficit that caused every step he took to be an irritant to his joints, and compromised his balance.

"Chiropractic is a form of healthcare that directly addresses structural imbalances," Dr. Cianci said. "Often, a person's body gets injured and the area heals poorly. When this happens, normal day-to-day movements become irritating. When nerves become irritated, pain and dysfunction follow."

Homeister found the help he needs with Dr. Cianci.

"The people at Cianci Chiropractic Center are so nice, and Dr. Cianci is a true professional," said Homeister. "I come by once a week and he keeps everything straight and in alignment, which keeps me on the go."

The active nature of his profession in the environmental field has him giving tours on Poplar Island in the Chesapeake Bay.

And when he is off work, he

enjoys riding his bike and other outdoor activities with his fiancé Jaime Bunting, as well as their dog, Mickey.

"Despite his history of numerous problems, those problems don't seem to slow Chris down in the least bit," said Dr. Cianci. "Chris' job is active, his vacations are active and his hobbies are active. On his first visit here he mentioned how hiking, kayaking and other outdoor activities are very important to him."

Homeister is not the kind of guy who is easily discouraged — he has suffered a brain aneurysm and broken his leg twice, and he even enjoys the bone-chilling, wet and blustery winters here on Delmarva, thanks to being raised in Michigan, as well as spending time in Wisconsin.

You, too, can venture out to Poplar Island and let Homeister tell you all about this special place. If you're a bit on the brave side, take the boat ride out to the island in late fall, when it's a little brisk out. Homeister will be there, thanks to Dr. Cianci.

With help from chiropractic, it will be a challenge to keep up with him. How about you? What pains or challenges are standing in the way of your dreams and desires?

"Chris gives credit to his chiropractors — past and present — for giving him the ability to do the job he loves and do the activities he loves, no matter what challenges he faces," said Dr. Cianci.

(Cianci Chiropractic Center is located at 8737 Brooks Drive in the Easton Industrial Park. 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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