

Of websites and 'waiting rooms'

So, you have this pain in your lower back. It's been there for a few years, but it isn't constant. It comes and goes.

But you've been living with it.

Then, something happens. A sudden, rapid movement.

That annoying pain in your back explodes. Everything changes.

Justin Henceroth, a now 43-year-old Air Force 'brat,' came to Easton from the DC area 10 years ago with his wife, Leanna.

Three children followed, now ages 9, 7 and 4.

A man of varied interests and talents, his principal involvement is in real estate: Buying, restoring and selling homes.

But he also admits to a technical fondness and familiarity with the computer on which he in his spare time constructs websites.

"I'm pretty good at marketing them once they are built," he says.

For some years, he had been having what he called "issues with his back."

He learned later that it was spinal arthritis.

Hereditary perhaps.

"There's been arthritis in my family," he said. "I guess I have had it since an early age."

Early in the spring of last year, those "issues" with his back which he had been able to deal with, demanded his full attention.

"All of a sudden," he said, "I locked up. I twisted the wrong way, I simply could not move."

After a couple of days, essentially immobile, he said, it was apparent that he needed professional attention.

For that, as might be expected from a builder of websites, he turned to his computer in search of someone who would provide an answer to his problem.

He quickly found Dr. Christopher Cianci, who has been practicing chiropractic in Easton since 1991.

"His website is very informative," Henceroth said. "I did a little research about him and found a couple of stories testifying to his care and I decided right away that I wanted to see him. I picked up the phone and



The Cianci Chronicles

Dr. Christopher Cianci

Licensed chiropractor,

Easton Md.

(Authored by Bruce Hotchkiss)

scheduled an appointment for the next day."

"Justin's history was similar to many I have heard over the years," Dr. Cianci said. "Justin described himself as a kid, obviously with a daredevil spirit, who fell off his bike and skateboard a lot and then, as an adult, there were a couple of auto mishaps which he considered minor."

More recently, however, he'd been having to avoid those treasured "Dad things," such as playing catch in the backyard with the kids and joining them in other activities at the beach.

It was springtime. The opening of the Little League season was fast approaching. Dad had to do something.

Henceroth said he felt enormous relief after a mere two weeks under Dr. Cianci's care.

"I remember telling him," Henceroth said, "that I had discovered that I was even able to see better driving in traffic. I found that I could turn my head further and see the cars around me."

But it is more than the actual care itself under Dr. Cianci's adjustments which left an impression on Henceroth, as it has on other patients.

It is the knowledge that chiropractic care is encouraging the body to heal itself, "without masking the problem with daily doses of man made medications," Henceroth said.

And that, he added, promotes a "positive feeling" among patients which is reflected

throughout the office.

There is no "waiting room" as such in Dr. Cianci's office.

There are two reasons for that. "First," Dr. Cianci explains, "we make it a policy not to have patients waiting. Perhaps 'reception room' is better."

People often comment how we have such a happy group of patients, greeting each other, chatting with each other, often making new friends.

"I attribute that environment," Dr. Cianci said, "to a mindset keyed to health, not illness. Our patients are not here because they are sick. They are here because they want to be well."

That is a key distinction, Dr. Cianci said.

The Easton chiropractor continued his exploration of this topic.

The people seen at the Cianci Chiropractic Clinic are, for the most part, positive, like-minded patients, unwilling to accept physical limitations which may have been imposed upon them and are striving, rather, to be healthy and active and mobile even as they age.

"We often say our patients are the type of people who, on a daily basis, challenge the status quo. Others of their age, unfortunately, may have to get multiple medications, or be unable to exercise or participate in other activities.

"Our patients seek to go beyond those limitations, to regain — and maintain — an active lifestyle," Dr. Cianci said.

In fact, just a few days ago, you would have found Justin sledding with his boys. "Unlike last year, I didn't just stand back and watch. I joined in and we all had a good time."

"It is their intention, when they come for chiropractic care, to get the most out of life."

And, Dr. Cianci said, "it is Justin Henceroth's intention to do just that."

(For more information on Cianci Chiropractic, call the office at 410-820-4070 to set up a visit with Dr. Cianci or to attend his free bi-monthly health seminars. You can also find Cianci Chiropractic online at www.drcianci.com.)

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