

# Melody sings 'new and happy song'

Headaches had become a part of her 'everyday.'

"I never took anything for them," said Melody Shortall. "I just put up with them."

Melody is a 26-year-old Easton hairdresser.

Well, she's a part-time Easton hairdresser, part-time because she works only one day a week.

She and her husband, Josh — he's with Easton Utilities — have a two-year old daughter, Madalynn. For six days of every week, Melody is a stay-at-home mom.

Headaches, constant headaches, every day headaches can wear a body down.

"I was very unhappy," Melody said. "I didn't know what to do, so I put up with them thinking it was normal."

Fortunately, coincidentally, an aunt of Melody, Kathy Taylor was a patient of Easton chiropractor Dr. Christopher Cianci. Aware of Melody's misery, she suggested a visit. At least let him take a look, she said.

Now Melody was aware that there might be a connection between her occupation and her headaches.

Every Friday — for over a year- she has rented a booth — or a "station" — at Creative Cuts in Easton.

She is not a tall woman and does not elevate the salon chair. Even at that, as she works, her arms are often elevated to the level of her shoulders.

"They can be long days," she said. "To get to all of my clients in one day, I will work 12 hours if I have to."

Yes, she said, her arms get tired and she often feels what she described as "pressure" or "like pinching" in her shoulders and the back of her neck.

Melody took Kathy Taylor's counsel.

Her first visit with Dr. Cianci was last Sept. 26 and as she entered the office, as expected, she had a headache. Did Dr. Cianci know that?

"Yes," she said, "and he knew it right away."

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Dr. Cianci remembers that first visit. "The moment I



## The Cianci Chronicles

**Dr. Christopher Cianci**  
Licensed chiropractor,  
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*(Authored by Bruce Hotchkiss)*

walked into the room to meet Melody and Josh, I can still picture the look of despair on her face. She appeared exhausted, there were dark circles under her eyes. She kept changing positions in the chair, attempting to get comfortable. It was apparent — this woman was in great distress."

Husband Josh, obviously very concerned, confessed that her discomfort has been going on for some time.

Dr. Cianci strayed a bit from the purely clinical. "When I see someone like Melody and considering she's not the type of person to complain, I ask myself, 'if I don't help this person, what might he or she be like 20 years from now? Will the current pain and discomfort, if allowed to fester, affect their happiness, their decision-making, their patience with their children? Envisioning that path. I am inspired, as would be any physician, to uncover the cause and get busy fixing it."

After getting consent to continue from the young couple, Dr. Cianci performed his initial examinations — nervous system scans and x-rays — and in reviewing them, he said, it was apparent that Melody had vertebrae out of place, irritating the nerves that caused her headaches, and other discomforts.

"I answered the four key questions every patient wants to know: What's wrong, can chiropractic help, how long will it take, and how much will it cost?" Dr. Cianci said. "Then I

showed them the x-rays and test results and it was obvious we could help."

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As Melody spoke of her chiropractic experience, she was nearing completion of six months under Dr. Cianci's care.

"It's an enormous relief," she said. "He has taken away all of the pain. I don't have any headaches anymore."

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Melody's case, in her care and treatment, inspired in Dr. Cianci some thoughts about posture and its impact on a person's general health.

"Most people are not aware," the chiropractor remarked, "of how work postures and any prolonged body position can lead to neck, shoulder and back-related problems."

He noted that Melody must sustain a prolonged posture when she cuts hair.

"But most of the rest of the world, it seems, holds themselves in prolonged postures every day, sometimes most of their waking hours, slumped over a computer keyboard or gazing, neck down, at a smart phone.

"Too many people think — or hope — that the resulting discomfort 'it will all go away.' In most cases it doesn't and slowly it becomes 'just a part of life,' slowly eroding the ability to enjoy life to its fullest potential.

"There can be joy all around you," Cianci said, "but physical pain clouds the picture."

"Sure, we got rid of Melody's headaches and related physical discomforts," Dr. Cianci concluded, "but I like to think, too, that we put her on a path to getting more enjoyment out of life.

"I, as would any physician, find that so very rewarding."

*(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).)*