

Shoulder pain gone: 'It's mind blowing'

Eva Duley innocently reached down to pick up her purse. It was a simple motion, one she has done countless times, but this time the result was far from normal.

The pain shot down her arm and never really left. After a trip to an orthopedist brought the recommendation of a shot in her shoulder and rest, she was skeptical.

She had been down the long road of shots before, with only temporary relief. Duley wanted to know what the problem was, and how to fix it. She also knew the answer was right in front of her — at Cianci Chiropractic.

Dr. Christopher Cianci had addressed her pain in the past, and she suspected he would have the answer again.

"Over the years I have had assorted issues — first it was my lower back, or my side — but this time when I came back, it was for my shoulder, and it has really been working out well," the Ridgely resident said. "And the good part is, I didn't wait too long, so I didn't really lose strength."

During a regular follow-up adjustment, Duley mentioned the problem, and Dr. Cianci went right to work.

"Eva mentioned she had been given five cortisone shots in her shoulder," said Dr. Cianci. "So I knew that the cause of her shoulder issue wasn't being addressed. I see eight to 10 patients every day who have shoulder issues - either as their primary complaint or perhaps a secondary complaint, often seen with an added neck component.

"Many of those shoulder patients like Eva mentioned that a seemingly innocent movement will cause pain and make them feel that the involved arm is weak. Putting on a coat can be difficult. Many of them mention difficulty sleeping or waking up in the middle of the night due to pain and discomfort.

"In our evaluation," Cianci continued, "we quickly diagnose which parts of the rotator cuff are in jeopardy. Once we know the cause, we have a target."

Duley, who regularly gets massages as part of her personal health plan, said Dr. Cianci went right to the root of the issue, which had an immediate effect on her problem. The doctor



The Cianci Chronicles

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suggested expanding their aggressive attack on her symptoms — the introduction of complete treatment in Cianci Chiropractic's Rehabilitation Division.

Bringing into play several resistance items was, along with pinpoint attention, the key to accelerating her recovery.

"We've been working on it, and now I move [my rotator cuff] pretty freely," said Duley. "Dr. Cianci is working on freeing up all the surrounding connective tissues, and his exercise room gives me a chance to do that. This is literally the first time in 10 years that I can freely move the shoulder without cortisone shots. It's been about 20 months since my last cortisone shot and they don't last very long."

Dr. Cianci employs foam rollers, golf balls, tennis balls and more - utilizing various diameters for trigger point therapy, as well as employing bands and weights for help with stretching.

"Although we help dozens of patients each week with shoulder issues, we often aren't the first place people think of for help," said Dr. Cianci. "Consequently, we see a lot of chronic problems that haven't been addressed properly.

"We started Eva on a targeted rehabilitation program. All too often I speak to patients that may be receiving a generalized shoulder rehab program elsewhere, which often goes on for months with no progress. We can test a patient in our initial exam process and tell whether our approach will work for them."

Duley now has visits to Cianci Chiropractic to utilize adjustments and therapy as part of her regular health regimen. As the owner of Massage Envy locations in Salisbury and Rehoboth Beach, she takes advantage of regular massages, and she maximizes her healing with her visits to Cianci Chiropractic.

"I think that it's the key for me getting my mobility back," said Duley about adding Dr. Cianci's help. "I could have gotten another cortisone shot, but that's just putting off the inevitable. At what point is it going to start hurting again? And what are you going to do about it? Because, long-term, the pain is going to come back.

"I can't believe how many years I've been getting cortisone shots. This time I didn't get the shots and Dr. Cianci got my shoulder working in, like, two and a half weeks. To me it's mind-blowing, and I think it has a lot to do with the exercises that he incorporates."

The additional benefits offered by Cianci Chiropractic's exercise room are reaching their goal — rapid improvement in overall health.

"Due to the fact that we targeted specific parts of the rotator cuff, we often get great results," said Dr. Cianci. "Another unique benefit we can offer is we can improve a patient's nerve supply to the affected shoulder. We use a more comprehensive, holistic approach that is often what tough shoulder problems need, if you want to alleviate them for good."

This has made Duley one happy patient.

"It's amazing! It was, like, quick results," said Duley. "It has something to do with the adjustment process in conjunction with the exercises that he has taught me. It's the interconnectedness of it. It just all works."

And that makes everyone at Cianci Chiropractic very happy

(Cianci Chiropractic can help keep you on a healthy path. Schedule a private meeting with the doctor or attend the free bi-monthly Wednesday evening health seminar. Contact Cianci Chiropractic at 410-820-4070. You can also find Cianci Chiropractic online at www.drcianci.com.)

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