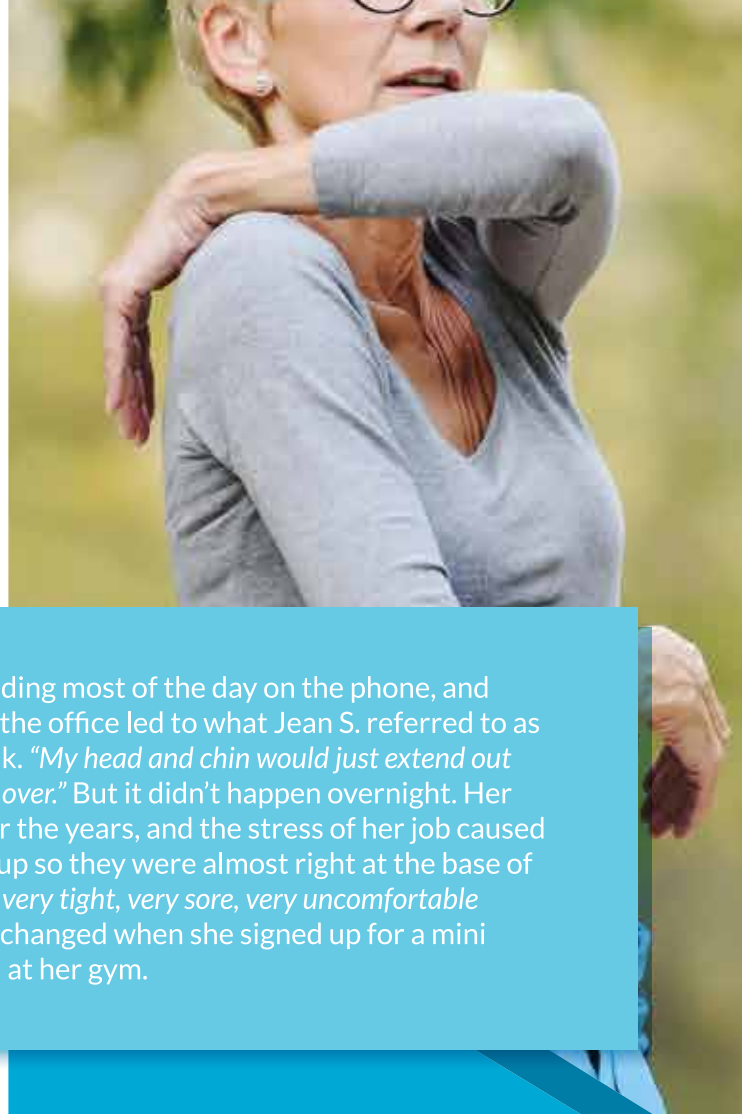


## HIGH STRESS JOB LED TO POOR POSTURE AND A LOT OF PAIN



### CASE STUDY



A high-stress job, spending most of the day on the phone, and speed walking around the office led to what Jean S. referred to as her Groucho Marx walk. *“My head and chin would just extend out and I was half crunched over.”* But it didn’t happen overnight. Her posture got worse over the years, and the stress of her job caused her shoulders to push up so they were almost right at the base of my ears. *“I was just one very tight, very sore, very uncomfortable individual.”* Everything changed when she signed up for a mini consult with Dr. Cianci at her gym.

### TREATMENT

After the consultation, Dr. Cianci recommended starting with three visits a week. But he warned Jean it may take time for her to feel better. *“This was not something that occurred overnight, so it’s not something that’s going to get fixed overnight,”* she says, remembering their first conversation.

Jean, who also suffers from arthritis, says those first few months were hard. *“My body hurt so badly. But I also understood that to get those muscles and bones where they’re supposed to be, it’s going to take a while.”*

Today, Jean visits Dr. Cianci once every two weeks. *“But if something’s amiss or I take a fall, I’m there in a flash.”* He’s also helped her shoulders stay flexible and mobile while she waits for replacement surgery.

### RESULTS

Jean says there have been many benefits. *“My posture has improved. I don’t look like a haggard old woman.”* Her attitude has also improved. *“I was getting dragged down from feeling so uncomfortable in my skin.”* It’s been two decades since Jean first visited Dr. Cianci, and sometimes people ask her about the need for continuing treatments. *“Your body changes all the time,”* she says. *“For me, it was a whole new lease on life.”*

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