



John T. Cece, D.C. C.C.R.D.

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Vision

To employ a natural, drugless approach combined with modern science to promote pre-natal health and well being resulting in outstanding personalized chiropractic care of her spine and frame.

Clinical Diversity

All health issues are treated in relation to the proper care of the spine and the extremities utilizing techniques which center on the distinct physiologic changes which occur in the pregnant female.

Thus, the various disorders and pain syndromes are treated incorporating chiropractic equipment and techniques specific to the pregnant woman. These would include:

- ◆ Gentle hands-on low force techniques: Sacrooccipital Technique, Diversified, Flexion Distraction.
- ◆ Specific instrument adjusting: Koren Specific, Webster, Bagnell & Activator.
- ◆ Hands-on physical medicine: Massage, Nimmo, Transverse Friction.
- ◆ Adjunctive therapies: Muscle Specific Ultrasound, Local Interferential, Microcurrent.

Specialized Treatment

- ◆ Lower Back Pain: Spasms, Sciatica, Sacroiliac, Piriformis, etc.
- ◆ Neck and Upper Shoulder Pain: Spasms, Stress/Muscular Problems, Pinched Nerve.
- ◆ Shoulder and Upper Extremity: Rotator Cuff, Tendonitis, Bursitis, Carpal Tunnel Syndrome, Mommy's Thumb.
- ◆ Headache: Stress and Tension, Migraine, TMJ.
- ◆ Nutritional and Supplemental Counsel: Addressing the specific needs of the pregnant woman.

Education

Post-Doctorate Board Certification, Rehabilitation

Cleveland Chiropractic College, Kansas City, Missouri

Doctor of Chiropractic

New York Chiropractic College, Old Brookville, New York

Bachelor of Arts in Health Science

University of Richmond, Richmond Virginia

In addition to his education and experience guiding women through the pleasures and challenges of pregnancy, Dr. Cece is a warm and compassionate doctor with a commitment to lifelong learning. He is as concerned with the art of chiropractic as he is the science.

My office is set up to assist pregnant women in staying comfortable with their changing body shape. I use a myriad of techniques that can be applied in different postures to maximize their effectiveness. The photos show a representation of them:



Above are two different ways to gently re-align the lower back and hips. While my patient, Christina, lies face down, please note the center of the table “gives” with her body to allow her to lie comfortably on her stomach.

Adjusting Christina’s lower back via gentle instrument in a standing posture.



Assessing and adjusting the neck both lying down and seated.

Applying a muscular release technique to the upper back and shoulders by hand.



Assessing and treating carpal tunnel syndrome or other wrist problems which are so common in both pre-natal and post-natal patients.

Helping clear the sinuses using a reflex technique with the instrument set at a healing frequency.

Dr. Cece and Christina smiling while demonstrating a manual mid-back adjustment.