

BackFit Health + Spine Continues to Provide Chiropractic Care in Maricopa County, AZ

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GILBERT, AZ - August 04, 2026 -
BackFit Health + Spine continues to provide chiropractic care in Maricopa County, AZ through its Gilbert location, offering a multidisciplinary approach that combines chiropractic, medical, and therapeutic services under one roof. The clinic focuses on personalized treatment plans for patients seeking relief from pain and improved mobility.

The Gilbert clinic addresses a range of musculoskeletal conditions, including back spasms, bulging discs, carpal tunnel syndrome, headaches and migraines, low back pain, neck pain, sciatica, spinal stenosis, joint pain, and chronic pain. Pain management services target arthritis, muscle spasms, complex regional pain syndrome, degenerative disc disease, postherpetic neuralgia, sports injuries, and sciatica. Knee pain treatment covers conditions such as meniscus tears, bursitis, patellar tendonitis, and patella fractures through non-surgical interventions that aim to reduce inflammation and restore function.

Chiropractic care at the location centers on the alignment of the spine, joints, and musculoskeletal system.

Providers use spinal adjustments, soft tissue mobilization, and corrective exercises to address the mechanical sources of discomfort. This approach is designed to support improved joint function and nervous system communication while promoting longer-term mobility rather than temporary symptom management alone.

Dr. Brandon Krainik, DC, joined the Gilbert location after moving to Arizona in 2012. He holds a Doctor of Chiropractic from Parker University and a Bachelor of Science in Nursing. Nationally board certified, he is also certified in whiplash injury, biomechanics, and auto accident reconstruction through the Spine Research Institute of San Diego. An All-State wrestler and powerlifter who competed in wrestling and rugby in college, Krainik brings experience in orthopedic and sports-related injuries as well as personal injuries from auto accidents. His treatments include accident and injury care, auto injury management, chiropractic adjustments, diagnostic X-rays, manipulation under anesthesia, pain management, spinal decompression, and sports injury care. ?Chiropractic adjustments combined with targeted rehabilitation support recovery from sports and auto-related injuries by addressing both alignment and soft tissue concerns,? Krainik said.

Dr. Greg Vogel, principal overseeing the Gilbert location along with several others, earned a Bachelor of Science in Physiology from the University of Arizona and a Doctorate of Chiropractic from Life University in 2001. His early exposure to chiropractic care came through his father?s recovery from a motorcycle accident without surgery. An avid athlete who previously experienced migraine relief through chiropractic, Vogel emphasizes functional rehabilitation and integrated care. His treatments include accident and injury care, chiropractic adjustments, diagnostic X-rays, manipulation under anesthesia, pain management, spinal decompression, sports injuries, and trigger point injections. He has participated in a chiropractic mission trip to Cuzco, Peru, providing care and helping establish a clinic there. ?Functional rehabilitation and evidence-based chiropractic techniques help patients regain mobility and reduce the likelihood of recurring issues,? Vogel said.

Dr. Doug Beaudette, DC, holds a Bachelor of Science in Exercise Science from Brigham Young University, a Doctor of Chiropractic, and a Master?s in Sport Health Science from Life University. He is also licensed as a medical acupuncturist. After serving 17 years as the lead chiropractor at Luke Air Force Base, Beaudette joined the clinic to continue serving the local community. His treatments include accident and injury care, activator method, acupuncture, chiropractic adjustments, diagnostic X-rays, and sports injury care.

The clinic?s model integrates chiropractic adjustments with soft tissue mobilization, corrective exercises, spinal decompression, and medical procedures such as trigger point injections. This coordinated approach allows providers to address both the mechanical and soft tissue aspects of injury and chronic conditions. Patients receive thorough evaluations that may include diagnostic X-rays, followed by individualized plans designed to promote long-term function.

National health data indicate that musculoskeletal conditions remain a leading cause of disability and reduced quality of life. Chiropractic care, when combined with physical medicine and therapeutic procedures, is frequently used as a non-invasive option for managing back pain, neck pain, and sports-related injuries. Systematic reviews have found spinal manipulative therapy to produce outcomes comparable to other recommended treatments for certain chronic low back pain cases.

BackFit Health + Spine was established in 2002 as a family-founded integrative medical clinic. The organization combines chiropractic, medical, physical therapy, and wellness services across multiple locations. The Gilbert site forms part of a network that emphasizes collaborative care among chiropractors, medical providers, and therapists. Providers at the location draw on backgrounds in sports science, nursing, military service, and clinical practice to support patients recovering from injury or managing ongoing pain.

The focus on thorough assessment, patient education, and coordinated treatment reflects a broader trend toward multidisciplinary models in musculoskeletal healthcare. Evaluations typically include a review of health history, physical examination, and imaging when indicated. Treatment plans are then developed to target the specific mechanical and soft tissue factors contributing to each patient?s presentation.

As demand for non-surgical options continues, clinics that integrate chiropractic care with medical and rehabilitative services play a role in helping patients maintain activity levels and daily function. The Gilbert location maintains this approach through licensed professionals and practices grounded in physiology and exercise science. The combination of chiropractic techniques, soft tissue therapies, and medical procedures under one roof supports a structured path from initial evaluation through ongoing care.

Patient education forms part of the overall process. Providers discuss body mechanics, activity modification, and supportive strategies that align with the goals of reducing strain on injured tissues and supporting recovery. This educational component is intended to complement the hands-on care delivered during visits.

The clinic?s providers continue to apply their collective experience in sports injuries, auto accident care, and functional rehabilitation. By combining these areas of focus, the Gilbert location offers a consistent framework for addressing common musculoskeletal complaints while adapting plans to individual needs.

BackFit Health + Spine remains committed to its original model of integrated care. The Gilbert clinic continues this work by bringing together chiropractic, medical, and therapeutic services in a single setting, allowing for coordinated evaluation and treatment of conditions that affect mobility and daily function.

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For more information about BackFit Health + Spine, contact the company here:BackFit Health + Spine -

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BackFit Health + Spine

At BackFit Health + Spine, your total wellness is our priority. With a unique integrative approach to care, we combine chiropractic, medical, physical therapy, and wellness services under one roof to help you feel your best.

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