BackFit Health + Spine Enhances Back Pain Management Through Spinal Decompression Therapy

December 15, 2025

CHANDLER, AZ - December 15, 2025 -
BackFit Health + Spine offers spinal decompression therapy as part of its comprehensive approach to managing chronic back pain and related conditions. This non-invasive treatment method provides relief for individuals experiencing discomfort from spinal issues, utilizing advanced techniques to promote natural healing processes.

Spinal decompression therapy involves the gentle stretching of the spine using a specialized traction table or motorized device. The procedure creates negative pressure within the spinal discs, which helps retract bulging or herniated disc material and encourages the influx of essential nutrients, oxygen, and water into the affected areas. This mechanism supports the body's ability to repair damaged disc tissue and reduces pressure on surrounding nerves, potentially alleviating symptoms such as lower back pain, leg pain, and sciatica.

The therapy is conducted in sessions where patients remain fully clothed and lie on a motorized table. A harness is secured around the hips and connected to the lower portion of the table, which moves to apply controlled traction while the upper body remains stationary. Each session typically lasts between 10 and 30

minutes, with the total number of treatments determined by individual patient needs and response to the therapy. BackFit Health + Spine integrates this treatment with complementary services, including chiropractic adjustments, physical therapy, electrical stimulation, and thermal applications, to optimize outcomes.

Patients with conditions like degenerative disc disease, posterior facet syndrome, or injured spinal nerve roots may find this approach particularly useful. The non-surgical nature of the therapy makes it an option for those seeking alternatives to more invasive procedures. BackFit Health + Spine refers patients to surgical specialists when necessary, ensuring appropriate care pathways.

"Spinal decompression therapy allows for targeted relief by addressing the underlying mechanical issues in the spine," said Dr. Justin Gomez, DC, a chiropractor at BackFit Health + Spine. "This method aligns with our focus on integrative care that combines multiple disciplines to support patient recovery."

In addition to spinal decompression, BackFit Health + Spine provides a range of services such as joint injections, trigger point injections, acupuncture, IV vitamin therapy, and diagnostic imaging. These offerings enable customized treatment plans that address both acute and chronic health concerns. The company's facilities are equipped to handle various musculoskeletal issues, from auto accident injuries to allergy management.

Patients seeking spinal decompression in Chandler, AZ, can access this service as part of the clinic's broader pain management programs. The location supports the company's mission to deliver accessible care across Arizona.

Dr. Gomez added, "By incorporating spinal decompression into our protocols, we help patients regain mobility and reduce reliance on pain medications, fostering long-term wellness."

The therapy's effectiveness stems from its ability to promote spinal realignment without the risks associated with surgery. During treatment, patients may experience a sensation of stretching, but the process is designed to be comfortable and pain-free. Follow-up care often includes recommendations for lifestyle modifications to prevent recurrence of symptoms.

BackFit Health + Spine emphasizes patient education as a core component of its practice. Providers explain the science behind spinal decompression, including how negative intradiscal pressure facilitates disc rehydration and nutrient exchange. This knowledge empowers individuals to participate actively in their health management.

The company's expansion of services over the years reflects a commitment to evolving healthcare needs. Initially focused on chiropractic care, this chiropractic clinic in Chandler, AZ, now incorporates medical and

wellness elements to provide holistic solutions.

Supervising physicians at BackFit Health + Spine contribute expertise in areas such as family medicine and internal medicine, enhancing the multidisciplinary environment. This collaboration ensures that spinal decompression therapy is administered within a framework of comprehensive medical oversight.

Research into non-surgical spinal decompression indicates its potential in managing certain back pain etiologies, though individual results vary. BackFit Health + Spine monitors patient progress through regular assessments to adjust treatment as needed.

The integration of spinal decompression with other modalities exemplifies the company's innovative approach to pain relief. For instance, combining traction with acupuncture or massage can amplify therapeutic effects, addressing both structural and soft tissue components of pain.

BackFit Health + Spine maintains a patient-centered philosophy, prioritizing accurate diagnosis and evidence-based interventions. The spinal decompression program adheres to established protocols to ensure safety and efficacy.

As chronic back pain affects a significant portion of the population, treatments like spinal decompression offer viable options for symptom management. BackFit Health + Spine continues to refine its services to meet community demands.

Founded in 2002 by siblings Dr. Radman Rahimi and Dr. Yasmin Rahimi, BackFit Health + Spine began as a chiropractic practice and has grown into an integrative health provider with multiple locations throughout Arizona. The company specializes in combining chiropractic, medical, physical therapy, and wellness services to identify root causes of pain, heal conditions, and prevent future issues.
###
For more information about BackFit Health + Spine, contact the company here:BackFit Health + Spine - Chandler, AZ (Ocotillo Road)Dr. Radman ?Radi? Rahiminejad & Dr. Yasmin Rahimi877-222-5348backfithealth@gmail.com2815 E Ocotillo Rd STE 4, Chandler, AZ 85249

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.

Website: https://backfithealth.com/

Email: backfithealth@gmail.com

Phone: 877-222-5348

