

BackFit Health + Spine Responds to Rising Chronic Pain Prevalence with Integrated Treatment Approaches

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BackFit Health + Spine provides comprehensive pain management services at its South Chandler location, responding to the recent surge in chronic pain reported among U.S. adults. Recent data indicates that chronic pain prevalence has increased significantly in recent years, affecting millions and highlighting the need for effective, holistic treatment options.

According to findings from the Centers for Disease Control and Prevention, 24.3 percent of U.S. adults experienced chronic pain in 2023, up from 20.5 percent in 2019. This rise, documented in studies analyzing data from the National Health Interview Survey, underscores a growing public health concern, with high-impact chronic pain limiting daily activities for 8.5 percent of adults. Factors contributing to this increase include lingering effects from the COVID-19 pandemic, such as long COVID symptoms, as well as broader trends in sedentary lifestyles and aging populations. In response, healthcare providers across the nation have adapted their approaches to offer more accessible and multifaceted care for conditions like back pain, arthritis, and fibromyalgia.

At the South Chandler clinic, BackFit Health + Spine integrates physical medicine, chiropractic care, massage therapy, and medical services to address a range of pain-related issues. The facility treats chronic pain, muscle spasms, knee pain, bulging discs, headaches, migraines, osteoarthritis, degenerative disc disease, carpal tunnel syndrome, scoliosis, and sports injuries. Treatment modalities include chiropractic adjustments, therapeutic procedures, acupuncture, natural hyaluronic acid injections, topical analgesics, and customized plans tailored to individual needs. This multidisciplinary method aims to alleviate symptoms while promoting long-term wellness through non-invasive techniques.

Nathan Grinder, DC, chiropractor at BackFit Health + Spine, emphasized the importance of personalized care in managing pain effectively. "Integrated treatments that combine chiropractic techniques with functional medicine allow for targeted relief from conditions such as sports injuries and spinal misalignments, supporting patients in regaining mobility and function," Grinder said.

The clinic's staff brings diverse expertise to pain management. Nathan Grinder holds a Bachelor?s degree in Biology from Central Washington University and a Doctorate of Chiropractic from Life Chiropractic College West. His practice encompasses accident and injury care, activator method, chiropractic biophysics, diagnostic x-rays, diversified techniques, functional medicine, gonstead technique, instrument-assisted soft tissue mobilization, manipulation under anesthesia, sacro-occipital technique, spinal decompression, thompson technique, toggle recoil, and webster technique. Grinder focuses on sports rehabilitation, corrective care, and nutritional support to enhance patient outcomes.

Doug Beaudette, DC, chiropractor and medical acupuncturist at BackFit Health + Spine, contributes specialized knowledge in sports health science. With a Bachelor of Science in Exercise Science from Brigham Young University, a Doctor of Chiropractic and Master?s in Sport Health Science from Life University, Beaudette provides accident and injury care, activator method, acupuncture, diagnostic x-rays, and sports injury treatments. "Acupuncture and chiropractic interventions work synergistically to reduce inflammation and improve recovery times for patients dealing with persistent pain," Beaudette said.

Additional team members at the South Chandler location include Parker Hildebrand, PA-C, who specializes in sports medicine; Greg Vogel, DC, principal overseeing multiple locations with expertise in pain management and trigger point injections; and Bridgit Danner, LAc, FDN-P, licensed acupuncturist addressing fertility, IBS, thyroid health, and women?s health concerns. This collaborative team ensures a broad spectrum of care options for patients seeking relief from pain without relying solely on pharmaceutical interventions.

The emphasis on pain management in Chandler, AZ, aligns with national trends where chronic pain has become more prevalent, prompting providers to expand non-opioid alternatives. Studies from 2025 highlight an 18 percent increase in chronic pain cases since 2019, affecting approximately 60 million Americans. In

Arizona, similar patterns emerge, with local clinics adapting to meet demand for integrative therapies amid rising reports of musculoskeletal disorders.

BackFit Health + Spine also incorporates spinal decompression therapy as part of its pain management strategy, a method that gently stretches the spine to relieve pressure on discs and nerves. This technique, combined with other services, supports patients with herniated discs, sciatica, and degenerative conditions. Recent discussions in the field note the value of such therapies in reducing the need for surgical interventions.

Beyond pain relief, the clinic offers allergy treatment, weight loss programs, and sports medicine, creating a holistic environment for health maintenance. Patients benefit from diagnostic tools like x-rays and personalized assessments to identify underlying causes of discomfort.

As chronic pain continues to impact daily life for many, facilities like BackFit Health + Spine play a role in providing accessible care. The South Chandler clinic operates during weekday hours, accommodating various schedules for consultations and treatments.

BackFit Health + Spine, established in 2002 as a family-founded integrative medical clinic, combines chiropractic, medical, physical therapy, and wellness services under one roof. With multiple locations in Arizona, including Gilbert, Queen Creek, Surprise, and South Chandler, the organization focuses on helping individuals achieve better health through evidence-based practices. The clinic serves communities by offering treatments grounded in physiology and exercise science, drawing on the expertise of licensed professionals to support patient recovery and prevention.

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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