

BackFit Health + Spine Highlights Specialized Expertise in Auto Injury Care in Phoenix Amid Ongoing Traffic Safety Challenges

January 08, 2026

PHOENIX, AZ - January 08, 2026 -
BackFit Health + Spine draws attention to its specialized services for auto accident injuries at the West Phoenix location, addressing the persistent high number of traffic collisions in the Phoenix area. Recent data from the Arizona Department of Transportation indicates that Phoenix experienced approximately 38,311 vehicle crashes in the most recent reporting period, with 282 of them resulting in fatalities, underscoring the ongoing need for targeted medical and chiropractic interventions for injury recovery.

Statistics from the Arizona Department of Transportation reveal that while statewide traffic fatalities have seen a slight decline, dropping to 1,228 in 2024 from previous years, the volume of crashes in Phoenix remains substantial, with over 38,000 incidents annually. This equates to roughly 105 accidents per day in the city. Factors contributing to these figures include urban congestion, pedestrian involvement, and vehicle speeds, with pedestrians in Arizona facing nearly twice the national risk of fatal collisions. Healthcare providers have responded by emphasizing specialized care for common injuries such as whiplash, back pain, and soft tissue damage resulting from motor vehicle accidents.

At the West Phoenix clinic, BackFit Health + Spine integrates chiropractic adjustments, medical services, and physiotherapy to manage pain and facilitate recovery from auto-related injuries. The facility treats conditions including chronic pain, muscle spasms, knee pain, neck injuries, and joint pain through approaches like spinal adjustments, trigger point injections, and massage therapy. This multidisciplinary strategy supports patients in regaining function and mobility following accidents.

Dr. Jeffrey Vinck, D.C., chiropractor at BackFit Health + Spine, brings extensive experience in treating auto accident injuries, informed by his specialized training. "Participation in full-scale crash testing as part of certification in whiplash and brain injury traumatology provides a deeper understanding of injury mechanisms, allowing for more precise chiropractic interventions that address root causes of pain and dysfunction," Vinck said.

Dr. Vinck received his Doctor of Chiropractic degree from Palmer College of Chiropractic West in 1999, after completing undergraduate studies at Grand Canyon University and Glendale Community College. His focus on accident and injury care began early in his career, leading him to establish a clinic in the Phoenix area in 2006. As a native of Phoenix, Vinck has dedicated his practice to serving the local community, particularly those affected by motor vehicle collisions.

A key aspect of Dr. Vinck's expertise stems from his certification by the Spine Research Institute of San Diego in whiplash and brain injury traumatology. This advanced training involved hands-on participation in full-scale crash testing, where he studied the biomechanics of impacts to better comprehend how forces affect the human body during collisions. Such knowledge enables him to develop treatment plans that target specific injury patterns, including spinal misalignments and nerve impingements commonly seen in whiplash cases. Vinck's approach incorporates diagnostic tools like x-rays and physiotherapy to assess and treat patients comprehensively.

In addition to his work with auto accident victims, Dr. Vinck contributes to pain management in West Phoenix through personalized care plans that may include weight loss management and cardiopulmonary exercise testing. His commitment to evidence-based practices has positioned him as a resource for individuals seeking non-surgical options for recovery.

Sunday Nkemdiche, MD, PA, physician assistant at BackFit Health + Spine, complements the team's efforts with medical expertise in pain management and chronic conditions. "Collaborating with specialists like Dr. Vinck allows for integrated care that combines medical injections and chiropractic techniques to optimize patient outcomes in the aftermath of accidents," Nkemdiche said.

Nkemdiche holds a Doctor of Medicine from Universidad IberoAmericana, a Master of Science from Kennesaw State University, and a Bachelor of Science from the University of Arizona. Licensed as a physician assistant in Arizona, Florida for telemedicine, and Puerto Rico, Nkemdiche has engaged in post-doctoral cardiology clinical research at Morehouse School of Medicine and rural health initiatives in Australia. As chairman of a medical mission committee, Nkemdiche organizes outreach in Nigeria, reflecting a broad perspective on healthcare delivery.

The clinic's emphasis on auto injury care aligns with local trends, where despite a 1.74 percent decrease in total crashes statewide from 2023 to 2024, the impact on individuals remains significant, with over 10,000 injuries reported in Phoenix alone. BackFit Health + Spine offers prompt evaluations, often on the same day, to initiate treatment for whiplash, soft tissue damage, and related issues.

Additional services at the West Phoenix location support overall wellness, including interpretations of COVID-19 testing and weight loss programs. The team's collaborative model ensures that patients receive coordinated care tailored to their specific needs.

As traffic safety challenges persist in the region, facilities like BackFit Health + Spine continue to provide essential services for injury management and prevention. The clinic accommodates various patient schedules through its operational hours.

BackFit Health + Spine, founded in 2002 as an integrative medical clinic, combines chiropractic, medical, physical therapy, and wellness services. With multiple locations in Arizona, the organization assists individuals in achieving health goals through licensed professionals and practices grounded in physiology and exercise science.

###

For more information about BackFit Health + Spine, contact the company here:BackFit Health + Spine - West Phoenix, AZDr. Radman ?Radi? Rahiminejad & Dr. Yasmin Rahimi877-222-5348backfithealth@gmail.com3549 W Thomas Rd, Phoenix, AZ 85019

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

