BackFit Health + Spine Marks 19 Years of Leadership in Arizona Auto Injury Care Under Dr. Mark Zitnik

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MESA, AZ - January 08, 2026 -
BackFit Health + Spine recognizes the 19th year of service from Dr. Mark Zitnik, principal and co-owner at its Mesa location, highlighting his contributions to auto injury care amid persistent traffic safety concerns in Arizona. Data from the Arizona Department of Transportation shows that the state recorded 131,317 vehicle crashes in 2023, with 1,307 fatalities, emphasizing the continued need for specialized injury treatment in communities like Mesa.

Annual reports from the Arizona Department of Transportation indicate a slight increase in crashes from previous years, with Maricopa County, which includes Mesa, accounting for a significant portion of incidents. Factors such as urban growth, distracted driving, and road conditions contribute to these statistics, resulting in common injuries like whiplash, back pain, and spinal issues for those involved in motor vehicle accidents. Healthcare providers have adapted by offering integrated care to support recovery and prevent long-term complications.

At the Mesa clinic on Higley Road, BackFit Health + Spine provides multidisciplinary services for auto injury care, including chiropractic adjustments, diagnostic X-rays, pain management, spinal decompression, and

trigger point injections. The facility treats conditions such as back pain, muscle spasms, knee pain, sports injuries, and auto or work injuries through personalized plans that address spinal alignment and overall wellness.

Dr. Mark Zitnik, principal at BackFit Health + Spine, has focused on auto injury care since joining the clinic in 2007. His background includes a Doctorate of Chiropractic from Southern California University of Health Sciences and an undergraduate degree from the University of Illinois, where he participated in varsity athletics. Personal experience with low back pain and a disk bulge from collegiate football informed his approach to treatment, incorporating chiropractic adjustments and physical therapy to aid recovery.

"Understanding the biomechanics of injuries from personal athletic experiences allows for targeted treatments that address pain and restore function in patients recovering from auto accidents," Zitnik said.

Dr. Zitnik continues studies in chiropractic, physiotherapy, nutrition, and assessment of motor vehicle accident injuries. His work emphasizes diagnosis and management of neck pain, spinal adjustments, and pain relief, drawing on ongoing education to refine techniques. Since his diagnosis, he has competed in four triathlons, demonstrating the potential for active lifestyles post-injury.

The clinic's team collaborates to deliver comprehensive care, combining expertise from chiropractors, physician assistants, massage therapists, physical medicine providers, and medical doctors. This approach supports patients with auto injuries by reducing inflammation, improving mobility, and promoting nervous system health through non-invasive methods.

Auto injury care in Mesa, AZ, benefits from providers like Dr. Zitnik, who serves as a Mesa chiropractor with extensive experience in the field. The facility also offers allergy treatment, weight loss programs, and massage therapy, contributing to holistic health maintenance.

Additional team members at the Mesa location include Dr. Derek Pruni, principal and co-owner, who holds a Doctor of Chiropractic from Palmer College of Chiropractic and specializes in sports injuries using techniques such as Gonstead, Diversified, Flexion/Distraction, and Activator methods. Pruni has completed postgraduate work in spinal rehabilitation and focuses on family chiropractic care.

Lynaia Hoogewerf, PA-C, brings over 21 years of experience as a physician assistant, with training in integrative and functional medicine. Her background includes surgical assisting, wound care, primary care, urgent care, internal medicine, and regenerative medicine, applying a patient-centered approach to develop personalized plans.

The emphasis on auto injury care aligns with statewide trends, where crashes remain a public health issue. In

2023, Arizona reported over 60,000 injuries from vehicle accidents, prompting clinics to prioritize prompt evaluations and tailored interventions to mitigate long-term effects.

BackFit Health + Spine incorporates diagnostic tools like X-rays to assess injuries accurately, followed by treatments such as spinal decompression to relieve pressure on nerves and discs. This method, combined with trigger point injections, targets muscle spasms and pain associated with whiplash and soft tissue damage.

As auto accidents continue to affect residents, facilities like the Mesa clinic provide essential services for recovery. The multidisciplinary model ensures coordinated care, from initial consultation to ongoing rehabilitation.

"Ongoing education in assessing motor vehicle accident injuries supports the development of effective strategies that help patients return to daily activities with reduced discomfort," Zitnik said.

BackFit Health + Spine operates as an integrative medical clinic, combining chiropractic, medical, physical therapy, and wellness services. Founded in 2002, the organization maintains multiple locations across Arizona and Nevada, assisting individuals with pain management and injury recovery through evidence-based practices.

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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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