

BackFit Health + Spine Achieves 4.9-Star Rating for Chiropractic Care and Pain Management in Chandler, AZ

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BackFit Health + Spine has earned a 4.9-star aggregate rating from 467 reviews on its Google Business Profile for the Chandler Ray Road location, reflecting patient experiences with its integrated healthcare services. This milestone highlights the clinic's role in addressing community health needs through multidisciplinary approaches to pain relief and wellness.

Patient feedback on Google emphasizes the clinic's effectiveness in managing various conditions, with many reviews noting improvements in mobility and reduced discomfort following treatments. Such recognition comes amid broader trends in healthcare where individuals seek non-invasive options for chronic issues, as reported in studies from the Centers for Disease Control and Prevention indicating that over 20 percent of U.S. adults experience chronic pain annually. Clinics like BackFit Health + Spine respond by offering combined therapies to support long-term health.

The Chandler facility provides physical medicine and therapeutic procedures, pain management, allergy treatment, weight loss programs, and chiropractic care. Treatments include manual manipulation therapy, chiropractic adjustments to restore joint function and promote nervous system health, Active Release Technique, corrective exercise, diagnostic X-rays, dry needling, manipulation under anesthesia, spinal decompression, and Trigenics. These methods address a range of musculoskeletal conditions, including neck and back pain, headaches, sciatica, disc issues, joint pain, whiplash injuries, scoliosis, arthritis, fibromyalgia, temporomandibular joint pain, spinal stenosis, and knee problems.

Justin Gomez, DC, chiropractor at BackFit Health + Spine, brings experience in sports injury and rehabilitation to the team. Gomez holds a bachelor's degree in anatomy and physiology, a bachelor's in health and wellness, and a Doctor of Chiropractic from Parker University. Certified as a Trigenics practitioner and licensed by the Arizona Board of Chiropractic Examiners, Gomez focuses on accident and injury care, personal injury, and sports injury treatments. "The three key elements to health care and pain relief are chiropractic care, nutrition, and proper exercise," Gomez said.

The clinic's collaborative model involves chiropractors, medical providers, massage therapists, and exercise therapists working together to create personalized plans. This approach facilitates relief from injuries and helps patients achieve health goals without relying on prescriptions. For knee pain management, the team employs comprehensive strategies to reduce inflammation and restore mobility, targeting causes such as ligament injuries or arthritis.

Josefina Smith, DC, chiropractor at BackFit Health + Spine, contributes expertise in strength training and therapeutic rehabilitation. Smith earned a bachelor's degree in kinesiology with an emphasis on biomechanical movement studies from California State University Chico and a Doctor of Chiropractic from Palmer College of Chiropractic. Certified as a personal trainer by the National Council on Strength and Fitness, Smith specializes in chiropractic care and diagnostic X-rays. "Integrating strength training and chiropractic techniques supports patients in recovering from musculoskeletal issues and maintaining overall wellness," Smith said.

Additional staff at the location include Kymberli Tiller, family nurse practitioner, who specializes in emergency medicine, interventional cardiology, and interventional pain management, and José Vargas, licensed acupuncturist, who provides acupuncture for integrative healing. This diverse team ensures a holistic perspective on patient care, incorporating education on lasting health effects.

The achievement of 467 reviews with a 4.9-star rating underscores the clinic's commitment to patient-centered care. BackFit Health + Spine serves as a resource for chiropractic care & pain management in Chandler, AZ, offering accessible options for those seeking relief from back pain, muscle spasms, and other conditions.

Patient reviews often highlight the thorough evaluations and clear communication provided by the staff, fostering trust in the treatment process. This feedback mechanism allows the clinic to refine its services continually, ensuring alignment with community needs.

National data from health surveys reveal increasing reliance on alternative therapies for pain management, with chiropractic care playing a significant role in reducing opioid use for certain conditions. In Arizona, similar patterns emerge, with residents turning to integrated clinics for comprehensive solutions to everyday health challenges. Systematic reviews, such as one published in The BMJ, indicate that spinal manipulative therapy produces similar effects to recommended therapies for chronic low back pain and may offer better improvement in function compared to non-recommended interventions. Another systematic review found chiropractic manipulation and standard physical therapy to be equivalent in effectiveness for pain reduction and functional improvement in chronic low back pain.

The clinic's philosophy emphasizes a team approach to wellness, combining expertise from various fields to address mind, body, and spirit. This method has contributed to positive outcomes for patients dealing with chronic pain, enabling increased functionality through targeted interventions.

BackFit Health + Spine maintains multiple locations across Arizona, offering convenient access to its services. Founded with a commitment to holistic healthcare, the organization combines chiropractic, medical, physical therapy, and wellness elements to support patient recovery and prevention.

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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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