



BackFit Health + Spine Marks 14 Years of Service from Dr. Brandon Krainik Providing Chiropractic Adjustments for Pain Relief in Gilbert, AZ

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BackFit Health + Spine recognizes the 14-year tenure of Dr. Brandon Krainik, chiropractor at its Gilbert location, highlighting his contributions to patient care since joining in 2012. This milestone underscores individual practitioner dedication within the organization's broader commitment to integrated treatments for musculoskeletal conditions, aligning with national trends in chronic pain prevalence.

Data from the Centers for Disease Control and Prevention show that chronic pain affects approximately 21 percent of U.S. adults, with musculoskeletal issues like back pain being common. Factors such as sedentary lifestyles and aging populations contribute to this, prompting healthcare providers to emphasize non-invasive therapies. Clinics have adapted by offering multidisciplinary services to manage symptoms and support recovery.

Dr. Brandon Krainik, DC, has focused on orthopedic, sports-related, and auto accident injuries during his 14

years at the Gilbert location. Holding a Doctorate of Chiropractic from Parker University and a Bachelor of Science in Nursing, he is certified in whiplash injury, biomechanics, and auto accident reconstruction by the Spine Research Institute of San Diego. Drawing from his athletic background, Krainik applies expertise in accident care, chiropractic adjustments, pain management, and spinal decompression to support patient recovery.

Separately, BackFit Health + Spine as an organization provides chiropractic care centered on spine and joint alignment through adjustments and corrective exercises. The facility addresses conditions including back pain, neck pain, sciatica, and chronic pain using integrated approaches for arthritis, degenerative disc disease, and sports injuries.

Dr. Brandon Krainik, DC, reflected on the importance of specialized knowledge in treatment. "Chiropractic care, informed by certifications in whiplash and biomechanics, allows for precise interventions that address pain from injuries and promote long-term health," Krainik said.

The clinic offers non-surgical knee pain management to reduce inflammation and improve mobility for conditions like meniscus tears and ligament injuries. Organizational services also include allergy testing with customized plans and weight loss programs involving nutrition, exercise, and physical medicine.

Dr. Noah Morganti, DC, chiropractor at BackFit Health + Spine, highlighted the benefits of diverse techniques. "Incorporating methods like Gonstead and Thompson techniques supports effective spinal decompression and adjustment for patients with various musculoskeletal concerns," Morganti said.

Other team members at the Gilbert location contribute to the organization's initiatives, including Dr. Jason Warren, board-certified nurse practitioner with experience in pain management; Dr. Greg Vogel, principal overseeing accident care and injections; and Dr. Edward Smith, MD, with internal medicine practice.

The emphasis on chiropractic adjustments for pain relief in Gilbert, AZ, supports local residents dealing with persistent discomfort. As a chiropractor in Gilbert, the clinic facilitates access to these services through its multidisciplinary framework.

Patient care at BackFit Health + Spine involves evidence-based rehabilitation for injury recovery, addressing sports injuries, arthritis, back pain, and joint pain. The approach promotes nervous system health and overall well-being without surgical interventions when possible.

National health surveys indicate a growing use of chiropractic care for pain management. A systematic review published in The BMJ found that spinal manipulative therapy produces similar effects to recommended therapies for chronic low back pain and may offer better improvement compared to

non-recommended interventions. Another review concluded that chiropractic manipulation and standard physical therapy yield comparable outcomes in pain reduction and functional improvement for chronic low back pain. This external validation aligns with the clinic's methods, which integrate various disciplines to achieve patient goals.

Dr. Krainik's personal achievements over 14 years reflect his commitment to specialized care, while the organization continues to advance its initiatives in holistic health services.

BackFit Health + Spine, established in 2002 as a family-founded integrative medical clinic, combines chiropractic, medical, physical therapy, and wellness services. With locations across Arizona, the organization assists individuals in managing pain and enhancing health through licensed professionals and practices based on physiology and exercise science.

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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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