



BackFit Health + Spine in Phoenix Attains 4.9-Star Rating from 373 Google Reviews

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BackFit Health + Spine has accumulated 373 reviews on its Google Business Profile for the Arcadia location in Phoenix, achieving an aggregate rating of 4.9 stars. This accumulation of patient feedback reflects experiences with the clinic's integrated services for various health conditions. The rating and review count, publicly available and independently verifiable on the Google Business Profile platform, matches high-performing industry benchmarks for chiropractic clinics, as a 2021 analysis by ChiroUp reported an average of 4.9 out of 5 for their network of chiropractors. General medical physicians, in contrast, average around 3.8 stars according to similar studies.

Patient reviews on platforms like Google provide insights into healthcare experiences, with aggregate ratings serving as indicators of service delivery. National data from health organizations show that individuals increasingly consult online reviews when selecting providers, particularly for ongoing care needs. Facilities respond by maintaining multidisciplinary approaches to address common musculoskeletal issues, drawing on patient input to inform practices.

The Arcadia clinic offers physical medicine, therapeutic procedures, pain management, chiropractic care, allergy testing, and weight loss programs. Conditions addressed include back and neck pain, headaches, migraines, knee pain, sciatica, arthritis, sports injuries, whiplash, herniated discs, and chronic pain syndromes.

Treatment methods encompass chiropractic adjustments using Palmer method, activator method, diversified technique, and spinal decompression. Manual therapies involve joint mobilization and soft tissue techniques. Additional modalities include physiotherapy, acupuncture, vitamin injections, exercise therapy, and patient education on nutrition and habits.

Dr. Jacob "Jake" Hanson, DC, chiropractor at BackFit Health + Spine, holds a Doctor of Chiropractic from Palmer College of Chiropractic and is board certified in chiropractic and physiotherapy. Certified in manipulation under anesthesia, his work includes accident care, diversified technique, physiotherapy, and sports injury treatments. "Functional and corrective exercises play a role in rehabilitation, supporting recovery from musculoskeletal injuries through targeted approaches," Hanson said.

The clinic's team collaborates on patient plans, incorporating assessments to identify underlying issues. For knee pain, treatments aim to reduce inflammation and restore mobility without surgery when appropriate. Allergy programs involve testing and customized strategies to manage reactions, while weight loss initiatives combine nutrition, exercise, and medical support.

Dr. Zak Goodman, DC, chiropractor at BackFit Health + Spine, earned a Doctor of Chiropractic from Life University in 2017 and focuses on root-cause care with athletic training background. "Collaborative methods in chiropractic and physiotherapy address sports injuries by considering overall wellness factors," Goodman said.

Shannon Gomez, MSOM, L.Ac., licensed acupuncturist at the clinic, holds a Master of Science in Oriental Medicine and handles pain management and women's health through acupuncture.

Lori Tovar, FNP, family nurse practitioner at BackFit Health + Spine, applies functional medicine principles to create individualized plans emphasizing preventive strategies.

The collection of 373 reviews with a 4.9-star rating indicates patient perspectives on the clinic's services. Reviews often mention aspects of care coordination and treatment outcomes, contributing to the aggregate score.

National trends reveal a rise in the use of integrative therapies for pain conditions, with studies noting their

role in managing chronic issues. Systematic reviews have found spinal manipulative therapy comparable to other interventions for low back pain reduction and function improvement. In Arizona, similar patterns appear, with residents accessing combined chiropractic and medical services for everyday health concerns.

The emphasis on pain management & chiropractor care in Arcadia, Phoenix, aligns with community needs for non-invasive options. As a chiropractor in Arcadia, Phoenix, the clinic provides access to these modalities through its team-based model.

Patient education forms part of the approach, covering nutrition and habits to support long-term health. This method integrates with clinical interventions to address mind and body aspects.

BackFit Health + Spine operates as an integrative medical clinic, combining chiropractic, medical, physical therapy, and wellness services. Established in 2002, the organization maintains locations across Arizona to assist individuals with pain management and health enhancement through licensed professionals and physiology-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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