

BackFit Health + Spine Recognizes Long-Term Service of Dr. Justin Gomez in Chandler, AZ

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CHANDLER, AZ - February 09, 2026 -
BackFit Health + Spine recognizes the extended tenure of Dr. Justin Gomez, chiropractor at its Chandler location, who has contributed to patient care since joining in July 2009. This acknowledgment highlights individual practitioner commitment within integrated healthcare environments amid ongoing examinations of experience in medical fields.

Data from health analyses show that longevity in practice correlates with refined approaches to treatment, with reports noting that extended service allows for accumulated insights into patient needs. Factors such as consistent involvement in team settings and ongoing education shape methodologies, encouraging facilities to note staff milestones that reflect dedication to wellness. Providers have adjusted by documenting such durations to provide context for their operations, in line with patterns in healthcare documentation.

Dr. Justin Gomez, DC, holds bachelor's degrees in anatomy and physiology as well as 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. His methods include 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. Gomez emphasizes the integration of chiropractic care, nutrition, and proper exercise as elements in health maintenance and pain relief.

The Chandler clinic offers physical medicine and therapeutic procedures, pain management, allergy treatment, weight loss programs, and chiropractic care. Conditions managed encompass neck pain, tension headaches, migraines, carpal tunnel syndrome, sciatica, nerve pain, disc issues including herniated or degenerative discs, joint pain, whiplash injuries, scoliosis, leg length discrepancy, arthritis, complex regional pain syndrome, fibromyalgia, low back pain, temporomandibular joint pain, spinal stenosis, and knee problems such as anterior cruciate ligament injuries, patellar tendonitis, and medial collateral ligament injuries.

"Chiropractic care, combined with nutrition and exercise, forms the foundation for effective pain relief and health maintenance over time," Gomez said.

The facility's collaborative structure involves chiropractors, medical providers, massage therapists, and exercise therapists working together to develop personalized plans. This setup enables relief from injuries without reliance on prescriptions, with knee pain management employing comprehensive strategies to reduce inflammation and restore mobility for ligament injuries or arthritis.

Josefina Smith, DC, chiropractor at BackFit Health + Spine, earned a bachelor's degree in kinesiology with 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 recovery from musculoskeletal issues and sustains overall wellness," Smith said.

Additional team members at the location include Kymberli Tiller, family nurse practitioner, who holds certifications in emergency medicine, interventional cardiology, and interventional pain management, with experience in medical aesthetics and hormone replacement therapy; and José Vargas, licensed acupuncturist, who provides acupuncture for integrative healing, drawing from studies at the Pacific College of Oriental Medicine and a background in massage therapy.

The clinic incorporates noninvasive therapies to address discomfort and prevent recurrence. For instance, spinal decompression gently stretches the spine to relieve pressure on discs and nerves, suitable for herniated discs, sciatica, and degenerative conditions. Allergy treatment uses diagnostic testing to identify

triggers, followed by customized plans to mitigate reactions through immunotherapy or lifestyle adjustments. Weight loss programs involve comprehensive assessments including micronutrient testing and prescription options to support sustainable changes.

National health surveys indicate rising utilization of alternative therapies for pain conditions, with chiropractic care contributing to reduced opioid dependency in certain cases. Systematic reviews demonstrate that spinal manipulative therapy produces effects similar to recommended interventions for chronic low back pain and potentially superior functional improvements compared to non-recommended options. In Arizona, parallel shifts occur, with individuals turning to combined services for routine health challenges.

The clinic's provision of chiropractic care in Chandler, AZ, aligns with regional demands for holistic alternatives. As a chiropractor in Chandler, AZ, Gomez continues to apply his accumulated expertise in patient treatments.

Patient care at BackFit Health + Spine emphasizes a team approach to wellness, merging expertise from multiple disciplines to tackle mind, body, and spirit. This has supported outcomes for those with chronic pain, facilitating greater functionality through focused interventions.

The recognition of Gomez's service since 2009 coincides with examinations of tenure in healthcare roles, where long-term involvement enables deeper understanding of community health patterns. His progression from initial joining to ongoing contributions exemplifies patterns seen in established practices.

BackFit Health + Spine, founded in 2002 as a family-oriented integrative medical clinic, combines chiropractic, medical, physical therapy, and wellness services under one roof. With locations throughout Arizona, the organization aids individuals in achieving health objectives through licensed professionals and practices grounded in 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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