

BackFit Health + Spine Recognizes Dr. Derek Pruni's Chiropractic Adjustments in Mesa Since 2009

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MESA, AZ - February 17, 2026 -
BackFit Health + Spine recognizes the ongoing contributions of Dr. Derek Pruni, principal at its Mesa location, who has provided chiropractic adjustments for patients since 2009. This recognition draws attention to individual practitioner longevity in healthcare amid discussions on experience in medical disciplines.

Reports from health organizations indicate that extended practice durations correlate with developed treatment strategies, with data showing links between tenure and patient care insights. Elements such as consistent patient interactions and continuous learning influence methodologies, leading facilities to note staff service periods that demonstrate commitment to health. Providers have adapted by documenting these timelines to offer context for their integrated frameworks, aligning with patterns in medical documentation.

Dr. Derek Pruni, principal and co-owner at BackFit Health + Spine, completed pre-med requirements for an associate degree in biology before earning a Doctor of Chiropractic from Palmer College of Chiropractic in 1994. Born in Pittsburgh, Pennsylvania, Pruni has focused on private practice to assist patients in achieving

wellness. His work includes adjustments for infants and children to address nerve imbalance and spinal injury from birth trauma, emphasizing family chiropractic care. Pruni holds a certificate in rehabilitation of the spine from the American Chiropractic Rehabilitation Board and is licensed by the Arizona Board of Chiropractic Examiners and the National Board of Chiropractic Examiners. He has completed 100 hours of postgraduate work in spinal rehabilitation.

The Mesa clinic offers chiropractic care, pain management, physical medicine and therapeutic procedures, allergy treatment, weight loss programs, and medical services. Conditions managed encompass chronic pain, back pain, muscle spasms, knee pain, sports injuries, and auto or work injuries. Treatment methods include accident and injury care, diagnostic X-rays, spinal decompression, trigger point injections, and chiropractic adjustments using Gonstead, Diversified, Flexion/Distraction, and Activator techniques.

"Providing chiropractic adjustments since 2009 has allowed for accumulated understanding of patient needs in wellness and pain relief," Pruni said.

The facility's multidisciplinary structure involves chiropractors, a board-certified nurse practitioner, massage therapists, physical medicine providers, and medical doctors coordinating to address health concerns. This arrangement supports evaluations that pinpoint discomfort origins, enabling interventions that enhance nervous system function and decrease inflammation.

Dr. Mark Zitnik, principal and co-owner at BackFit Health + Spine, joined the organization in 2007 after earning a Doctorate of Chiropractic from Southern California University of Health Sciences and an undergraduate degree from the University of Illinois. Influenced by personal experience with low back pain and a disk bulge from collegiate football, Zitnik specializes in auto injury care, neck pain diagnosis, spinal adjustments, and pain relief. He continues studies in chiropractic, physiotherapy, nutrition, and motor vehicle accident injury treatment. Licensed by the Arizona Board of Chiropractic Examiners and the National Board of Chiropractic Examiners, Zitnik has treated patients with sports-related issues and competed in triathlons post-recovery. "Personal injury experiences inform targeted treatments that address pain and restore function in auto accident cases," Zitnik said.

Additional team members at the Mesa location include Lynaia Hoogewerf, certified physician assistant, who brings over 21 years of experience in surgical assisting, wound care, primary care, urgent care, internal medicine, and regenerative medicine. Hoogewerf applies an integrative and functional medicine approach to develop personalized patient plans.

The clinic incorporates noninvasive therapies to manage discomfort and avert future problems. For knee pain, diagnosis and personalized plans target root causes to restore mobility. Allergy treatment involves testing and customized strategies to handle symptoms like sneezing and congestion. Weight loss programs

provide ongoing support with tailored plans for sustainable results.

National health surveys demonstrate increasing reliance on multidisciplinary care for chronic conditions, with chiropractic adjustments playing a role in pain management. Systematic reviews find spinal manipulative therapy equivalent to other interventions for low back pain reduction and functional improvement. In Arizona, similar shifts occur, with residents accessing combined services for routine health challenges.

The clinic supports local needs for holistic options. As a chiropractor in Mesa AZ, Pruni applies his expertise in family and sports chiropractic.

Patient care at BackFit Health + Spine emphasizes a team method to wellness, integrating various fields to handle comprehensive health elements. This has aided outcomes for those with persistent pain, allowing better functionality through specific measures.

The focus on Pruni's adjustments since 2009 coincides with reviews of tenure in healthcare positions, where prolonged involvement fosters deeper comprehension of community health dynamics. His advancement from education to principal exemplifies aspects seen in established organizations.

BackFit Health + Spine, established in 2002 as a family-founded integrative medical clinic, combines chiropractic, medical, physical therapy, and wellness services. With locations throughout 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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For more information about BackFit Health + Spine, contact the company here:BackFit Health + Spine - Mesa, AZDr. Radman ?Radi? Rahiminejad & Dr. Yasmin Rahimi877-222-5348backfithealth@gmail.com5233 E Southern Ave #104, Mesa, AZ 85206

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.

Website: https://backfithealth.com/

Email: backfithealth@gmail.com

Phone: 877-222-5348