



## **BackFit Health + Spine Highlights Chiropractor Dr. Zak Goodman at Its Desert Ridge Location**

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BackFit Health + Spine recognizes the professional background of Dr. Zak Goodman, chiropractor at its Desert Ridge location, who holds expertise in athletic training and exercise science. This recognition emphasizes individual practitioner histories in integrated healthcare settings amid examinations of training influences in pain management disciplines.

Data from health studies indicate that personal experiences shape practitioner approaches, with analyses showing links between early exposures and treatment strategies. Aspects such as athletic participation inform viewpoints, prompting clinics to present staff backgrounds that illustrate engagement with patient health. Facilities have incorporated these narratives to provide context for their multidisciplinary models, consistent with developments in medical openness.

Dr. Zak Goodman, DC, chiropractor at BackFit Health + Spine, earned a Doctor of Chiropractic from Life University in 2017. With a background in athletic training and exercise science, Goodman focuses on

root-cause care through collaborative methods. His practice includes accident and injury care, chiropractic adjustments, diagnostic X-rays, pain management, physiotherapy, and sports injury treatments. Goodman's approach integrates chiropractic and physiotherapy to address sports injuries by considering overall wellness factors.

The Desert Ridge clinic provides physical medicine, therapeutic procedures, pain management, chiropractic care, massage therapy, sports medicine, allergy testing, and weight loss programs. Conditions addressed include back pain, neck pain, knee pain, muscle spasms, chronic pain, arthritis, sciatica, migraines, sports injuries, whiplash, neuropathy, tendonitis, and post-surgical rehabilitation.

"Collaborative approaches in chiropractic and physiotherapy consider overall wellness factors to address sports injuries effectively," Goodman said.

The facility's team coordinates 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. Michael Bohrsen, sports chiropractor at BackFit Health + Spine, serves as a provider for athletic teams and holds a Diplomate of the American Chiropractic Board of Sports Physicians. "Soft tissue therapy and functional rehabilitation contribute to the prevention and treatment of sports-related injuries," Bohrsen said.

Annette Raddatz, acupuncturist at the clinic, holds a Master of Science in Oriental Medicine and addresses conditions through acupuncture. Dr. Yan Suleymanov, physician assistant at BackFit Health + Spine, specializes in musculoskeletal care and functional medicine with a degree from University of the St. Francis.

The clinic incorporates noninvasive therapies to alleviate discomfort and prevent recurrence. 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 tailored plans. 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 chiropractor in Desert Ridge, Phoenix, aligns with regional demands for holistic alternatives. As a chiropractor in Desert Ridge, Phoenix, Goodman continues to apply his accumulated expertise in patient treatments.

Patient education forms part of the process, covering nutrition and habits to support long-term health. This method combines with clinical interventions to consider physical and mental aspects.

The recognition of Goodman's background coincides with explorations of practitioner origins in healthcare, where personal journeys provide insights into service delivery. His progression from athletic training to chiropractic practice exemplifies elements observed 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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