



BackFit Health + Spine Recognizes Background of Dr. Jacob Hanson, Chiropractor at its Arcadia, Phoenix Location

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BackFit Health + Spine recognizes the professional background of Dr. Jacob Hanson, chiropractor at its Arcadia location, who has practiced in Phoenix since 2005. This recognition highlights individual practitioner histories in integrated healthcare amid examinations of experience influences in pain management fields.

Data from health studies show that personal and professional experiences form practitioner methods, with reports indicating connections between diverse training and care strategies. Factors like international service and specialized certifications shape views, leading facilities to present staff backgrounds that show dedication to patient health. Providers have included these accounts to give context for their multidisciplinary models, matching trends in medical clarity.

Dr. Jacob Hanson, chiropractor at BackFit Health + Spine, holds a Doctor of Chiropractic from Palmer College of Chiropractic and completed pre-medical studies at North Dakota State University. Board certified

in chiropractic and physiotherapy, Hanson has certification in manipulation under anesthesia. He provided humanitarian care in Morocco, treating underserved populations. His practice encompasses accident and injury care, activator method, diversified technique, Palmer method, physiotherapy, spinal decompression, and sports injury treatments. Hanson focuses on functional and corrective exercises in rehabilitation for musculoskeletal injuries.

The Arcadia clinic provides physical medicine, therapeutic procedures, pain management, chiropractic care, allergy testing, and weight loss programs. Conditions addressed include ankle and foot pain, back pain, fatigue, fibromyalgia, headaches, migraines, knee pain, muscle spasms, neck pain, temporomandibular joint pain, sciatica, joint pain, chronic pain, arthritis, complex regional pain syndrome, sports injuries, pinched nerves, whiplash, herniated discs, nerve pain, anterior cruciate ligament injuries, patellar tendonitis, medial collateral ligament injuries, musculoskeletal injuries, post-surgical rehabilitation, balance issues, gastrointestinal issues, women's health, environmental allergies, and food allergies.

"Functional and corrective exercises play a role in rehabilitation, supporting recovery from musculoskeletal injuries through targeted approaches," Hanson said.

The facility's team coordinates patient plans, using assessments to find underlying problems. Knee pain treatments work to lessen inflammation and recover mobility without surgery where suitable. Allergy programs use testing and tailored methods to control reactions, while weight loss efforts mix nutrition, exercise, and medical aid.

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

Shannon Gomez, licensed acupuncturist at the clinic, holds a Master of Science in Oriental Medicine from Phoenix Institute of Herbal Medicine and Acupuncture. With time in China and Peace Corps service, she manages gastrointestinal issues, pain, and women's health via acupuncture.

Lori Tovar, family nurse practitioner at BackFit Health + Spine, graduated from University of Phoenix and Grand Canyon University. She uses functional medicine to form individual plans, stressing preventive measures and lifestyle elements.

The clinic uses noninvasive therapies to handle discomfort and stop repeat issues. Spinal decompression stretches the spine softly to ease disc and nerve pressure, fitting for herniated discs, sciatica, and degenerative states. Allergy care employs diagnostics to spot causes, followed by custom plans. Weight loss

includes full assessments with micronutrient checks and prescription choices for lasting shifts.

National health surveys point to growing use of combined therapies for pain states, with research noting their use in ongoing management. Systematic reviews see spinal manipulative therapy matching other ways for low back pain lessening and function boost. In Arizona, like patterns show, with people seeking unified chiropractic and medical choices for daily health matters.

The clinic's chiropractor in Arcadia, Phoenix, matches community calls for non-invasive paths. As a chiropractor in Arcadia, Phoenix, Hanson uses his background in patient therapies.

Patient teaching makes part of the way, covering nutrition and habits to back long-term health. This joins with clinical steps to think about physical and mental sides.

The focus on Hanson's background fits with looks at practitioner starts in healthcare, where personal trips give views into service giving. His move from studies to ongoing work shows parts found in set up groups.

BackFit Health + Spine, founded in 2002 as a family integrative medical clinic, combines chiropractic, medical, physical therapy, and wellness services. With locations across Arizona, the organization helps individuals with pain management and health improvement 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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