



BackFit Health + Spine Offers Chiropractic Care for Car Accident Injuries in the Phoenix Metropolitan Area

March 07, 2026

Phoenix, Arizona - March 07, 2026 - PRESSADVANTAGE -

BackFit Health + Spine provides chiropractic care for car accident injuries across the Phoenix Metropolitan Area at multiple offices, responding to the high number of traffic incidents reported in 2023. Data from the Arizona Department of Transportation show 122,247 motor vehicle crashes statewide last year, resulting in 1,307 fatalities and 54,198 injuries.

Annual statistics indicate a slight increase in total crashes from the previous year, with Maricopa County experiencing a significant portion of these events. Contributing factors include urban density, distracted driving, and road conditions, leading to common injuries like whiplash, back pain, and soft tissue damage. Healthcare providers have expanded services to include non-invasive treatments for recovery and long-term complication prevention.

At BackFit Health + Spine, care for car accident injuries involves comprehensive evaluations and personalized plans. The process begins with consultations, exams, and x-rays to assess damage. Treatments address soft tissue injuries, back spasms, blurred vision, dizziness, herniated discs, lower back pain, mid back pain, neck pain, numbness or tingling, seat belt injuries, shoulder pain, spinal cord injuries,

and whiplash trauma. Methods include chiropractic adjustments, physical therapy, and medical interventions to reduce inflammation, improve mobility, and restore function.

Patients receive guidance on seeking prompt medical attention within 72 hours of an accident, regardless of immediate symptoms or insurance involvement. The approach focuses on preventing chronic issues from minor injuries, which may present as adhesions, bruising, difficulty bearing weight, joint pain, muscle cramping, stiffness, or swelling.

Dr. Jeffrey Vinck, D.C., chiropractor at BackFit Health + Spine in West Phoenix, graduated from Palmer College of Chiropractic West in 1999 after studies at Grand Canyon University and Glendale Community College. Certified in Whiplash and Brain Injury Traumatology by the Spine Research Institute of San Diego, Vinck participated in full-scale crash testing to understand motor vehicle injury mechanisms. His practice includes accident and injury care, pain management, and physiotherapy. "Prompt evaluation following car accidents allows for targeted treatments that address whiplash and soft tissue damage, supporting recovery and preventing long-term complications," Vinck said.

The organization operates as a family-founded integrative medical clinic since 2002, combining chiropractic, medical, physical therapy, and wellness services under one roof. Locations span Phoenix, Chandler, Gilbert, Mesa, Goodyear, Queen Creek, Surprise, and Tucson in Arizona, with additional sites in Colorado.

Dr. Greg Vogel, principal at BackFit Health + Spine, earned a Bachelor's of Science in Physiology from the University of Arizona and a Doctorate of Chiropractic from Life University in 2001. Influenced by his father's recovery from a motorcycle accident through chiropractic care, Vogel treats accident and injury care, pain management, spinal decompression, and trigger point injections. "Evidence-based interventions following car accidents help mitigate inflammation and restore mobility through non-invasive techniques," Vogel said.

Services emphasize recovery from small tissue injuries that can lead to bursitis, sprains, strains, stress fractures, tendonitis, or whiplash if untreated. Patients benefit from same-day consultations where possible, with plans tailored to individual needs.

National trends from the Centers for Disease Control and Prevention document rising chronic pain cases linked to accidents, impacting daily activities for millions. In Arizona, the 2023 figures underscore the need for accessible care options, with alcohol-related crashes accounting for 332 fatalities.

BackFit Health + Spine integrates diagnostic tools to assess injuries precisely, followed by treatments like spinal decompression to relieve nerve pressure. This method, combined with others, targets muscle spasms and pain associated with sciatica and soft tissue damage.

The provision of chiropractic care for car accident injuries in Greater Phoenix area corresponds to regional patterns where traffic incidents affect quality of life. Facilities like BackFit Health + Spine offer options through flexible scheduling.

Additional services support overall wellness, including allergy testing and weight loss programs. The team's diverse expertise ensures coordinated care adapted to specific requirements.

As traffic safety challenges continue, clinics play a role in available interventions. The multidisciplinary method ensures thorough evaluations, often using diagnostic assessments to customize treatments.

Studies highlight the value of integrated care, with evidence showing reduced reliance on pharmaceutical solutions for certain injury types. This aligns with the clinic's practices, which blend various fields to meet patient objectives.

Vinck's certification in crash testing informs treatments that enhance understanding of injury mechanisms, while Vogel's mission trip experience adds to global perspectives on care.

BackFit Health + Spine assists individuals in managing pain and enhancing health 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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