

Abundant Health Physical Medicine Provides Back Pain Treatment in Davenport, IA

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DAVENPORT, IA - May 04, 2026 -
Abundant Health Physical Medicine has developed its approach to care for patients experiencing back pain through the leadership of Dr. Sinan Gocmen, a chiropractor in Davenport, Iowa. The clinic provides evaluations and services centered on chiropractic principles for individuals seeking options related to back pain treatment in Davenport, IA.

Back pain affects a significant portion of the population. Estimates indicate that nearly 32 million Americans experience back pain at any given time, with approximately 80 percent of people encountering some form of back pain during their lifetime. The condition ranks as the leading cause of disability in the United States. Factors contributing to back pain include disc bulges or herniations, subluxations, muscular sprains, tendon or ligament strains, and stress-related muscle tension.

Dr. Sinan Gocmen, D.C., entered the chiropractic field following a personal experience. While recovering from the flu and suffering from severe migraines, he received an adjustment from a friend who was a

chiropractor. Within two weeks, his symptoms improved. This led him to visit the friend's office in St. Charles, Illinois, where he observed families seeking nervous system assessments. Motivated by this, Dr. Gocmen moved to Davenport, Iowa, and attended Palmer College of Chiropractic. He graduated with his Doctor of Chiropractic degree in 2013.

During his time at Palmer College, Dr. Gocmen participated in the CrossFit Games. This involvement in athletics has contributed to his perspective on the physical demands placed on the body. As a practitioner, he holds certifications in the Webster Technique, Torque Release Technique, advanced extremity adjusting, and as a Functional Hyperbaric Clinician. These qualifications support the clinic's evaluation process for patients presenting with back pain.

Patient evaluations at Abundant Health Physical Medicine begin with a review of health history. This is followed by a physical examination of the spine and joints, assessment of range of motion, orthopedic and neurological tests, and palpation to identify areas of restricted mobility. On-site diagnostic tools include digital X-rays, ultrasound, and Fit3D scans. The clinic operates with in-network participation from many insurance plans, including Medicare.

The practice incorporates a structured process known as the Renew Healing Framework. This involves the development of individualized care plans based on evaluation findings. Services offered in connection with back pain include chiropractic care with spinal and extremity adjustments, spinal decompression therapy, the Normatec Recovery System, mild hyperbaric oxygen therapy, medical grade red light therapy, and other complementary modalities. These are integrated according to patient-specific assessments.

Common contributors to back pain addressed through the clinic's evaluations include disc bulges or herniations, which may result from wear and tear over time. Subluxations involve vertebrae out of position, disrupting normal movement. Muscular sprains and ligament strains often arise from overexertion or improper lifting. Stress can lead to prolonged muscle tension and trigger points. The clinic's approach focuses on thorough assessment to identify these factors in individual cases.

Dr. Gocmen established Abundant Health Physical Medicine to meet community needs for coordinated options in natural and alternative health care. The facility at 2227 Jersey Ridge Rd in Davenport features a spacious reception area with refreshments and dedicated treatment rooms equipped with monitors for patient comfort.

"I was called to this profession to truly help people," said Dr. Sinan Gocmen, D.C., chiropractor at Abundant Health Physical Medicine.

Dr. Gocmen has also stated, "I want to provide people with the solutions, tools, and resources to help them

make lasting changes."

Outside of practice, Dr. Gocmen is a husband and father of two children. He emphasizes family activities and maintains personal interests in exercise, outdoor time, yard maintenance, and service at Rock Church of the Quad Cities. These aspects align with his focus on supporting patients in their daily roles.

Chiropractic care at the clinic targets spinal and extremity areas based on examination results. Spinal decompression therapy involves controlled stretching to address pressure on discs and joints. The Normatec Recovery System utilizes sequential compression. Other modalities, such as mild hyperbaric oxygen therapy and red light therapy, are available in designated clinic areas as part of individualized plans.

The evaluation sequence includes an initial consultation with a concierge patient care coordinator to assess suitability for chiropractic services. If appropriate, this advances to a full examination. Referrals are provided when necessary. This process supports documentation of findings to inform care decisions.

Abundant Health Physical Medicine maintains operations with attention to patient comfort through its facility layout and support features. The clinic serves residents in the Quad Cities region seeking structured approaches to back pain management.

Dr. Gocmen's educational background at Palmer College provided training in chiropractic principles. His athletic participation during that period offered additional insight into musculoskeletal considerations. The clinic combines these elements with modern diagnostic and treatment tools in its care model.

In the context of back pain, the clinic's information notes that multiple factors can contribute to the condition, ranging from acute injuries to repetitive stress and physiological responses to ongoing tension. Evaluations aim to identify relevant elements in each case. Chiropractic adjustments are applied according to findings from physical assessments and imaging when utilized.

The Renew Healing Framework coordinates services based on patient response and progress. This includes ongoing monitoring within the individualized plan. The clinic's team consists of professionals focused on structured patient assessments in a community setting.

Abundant Health Physical Medicine provides chiropractic and related services in Davenport, Iowa. The clinic was established by Dr. Sinan Gocmen following his graduation from Palmer College of Chiropractic. It operates with attention to evaluation-based planning for patients in the local area.
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Abundant Health Physical Medicine

At Abundant Health Physical Medicine, we offer a patient-centered approach to neuropathy treatment at our clinic in Davenport, Iowa

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