



BackFit Health + Spine Provides Chiropractic Care in Greater Phoenix Area

May 05, 2026

Phoenix, Arizona - May 05, 2026 - PRESSADVANTAGE -

BackFit Health + Spine provides chiropractic care in the Greater Phoenix area at multiple convenient locations. The clinic offers comprehensive evaluations and personalized treatment plans for patients dealing with pain and mobility issues.

Chiropractic care focuses on the diagnosis and treatment of mechanical disorders of the musculoskeletal system, particularly the spine. Doctors of Chiropractic use adjustments to restore joint function and promote a healthy nervous system. This conservative approach aims to relieve pain, increase range of motion, and improve overall performance without relying on drugs or surgery.

The Greater Phoenix area experiences significant numbers of motor vehicle crashes and workplace incidents each year. These events often result in conditions such as whiplash, back pain, neck pain, herniated discs, sciatica, shoulder pain, knee pain, and muscle strains. BackFit Health + Spine addresses these and other musculoskeletal conditions through a multidisciplinary model that combines chiropractic adjustments with physical therapy and medical services under one roof.

Dr. Jacob "Jake" Hanson, DC, chiropractor at the Arcadia location in Phoenix, holds a Doctor of Chiropractic from Palmer College of Chiropractic. Board certified in chiropractic and physiotherapy, he is also certified in manipulation under anesthesia. With humanitarian care experience in Morocco, Hanson emphasizes functional and corrective exercises in rehabilitation. "Functional and corrective exercises play a role in rehabilitation, supporting recovery from musculoskeletal injuries through targeted approaches," Hanson said.

Dr. Zak Goodman, DC, chiropractor at the Desert Ridge location in Phoenix, 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. "Collaborative methods in chiropractic and physiotherapy address sports injuries by considering overall wellness factors," Goodman said.

Dr. Jeffrey Vinck, D.C., chiropractor at the West Phoenix location, graduated from Palmer College of Chiropractic West in 1999. Certified in Whiplash and Brain Injury Traumatology by the Spine Research Institute of San Diego, Vinck participated in full-scale crash testing. He has focused on accident and injury care since 2006. "Prompt evaluation following any injury allows for targeted interventions that address soft tissue damage and help prevent chronic issues from developing," Vinck said.

The clinic uses a variety of adjustment techniques, including Diversified, Drop Table (Thompson), Activator, and others. These methods restore joint mobility and nervous system function. Additional services include spinal decompression for disc issues, soft tissue therapies, diagnostic X-rays, and coordinated care with medical providers. Patients benefit from personalized plans that may incorporate physical therapy, massage, and lifestyle recommendations.

BackFit Health + Spine operates as a family-founded integrative medical clinic established in 2002. It combines chiropractic, medical, physical therapy, and wellness services at the following locations: Phoenix (Arcadia and Desert Ridge), Chandler (Ray Rd. and Ocotillo Rd.), Gilbert, Mesa, Goodyear, Queen Creek, Surprise, Tucson (North and South), and West Phoenix in Arizona; and Lakewood, Littleton, and Broomfield in Colorado.

National health surveys indicate growing use of chiropractic care for pain management. Systematic reviews show spinal manipulative therapy produces effects similar to recommended therapies for chronic low back pain and may offer better functional improvement. In Arizona, residents increasingly seek integrated options for injury recovery and wellness.

The clinic's approach emphasizes thorough initial evaluations, including health history, examination, and imaging when needed. Treatment plans are patient-centered, allowing individuals to choose adjustment methods and participate actively in their recovery. This model supports both acute injury care and long-term wellness.

Patient education forms an important part of care at BackFit Health + Spine. Providers offer guidance on posture, ergonomics, nutrition, and exercise to help prevent future issues. The integrative environment allows seamless coordination between chiropractors, medical providers, and therapists for optimal outcomes.

The provision of chiropractic care in Greater Phoenix area supports local residents seeking non-invasive solutions for pain and injury. The clinic's multiple locations make services accessible throughout the metro area and beyond.

As part of its commitment to holistic health, BackFit Health + Spine continues to assist individuals through licensed professionals and practices grounded in physiology and exercise science. The organization maintains a patient-first philosophy, focusing on natural healing and comprehensive wellness.

###

For more information about BackFit Health + Spine, contact the company here: BackFit Health + Spine - Phoenix, AZ (Arcadia) Dr. Radman ?Radi? Rahiminejad & Dr. Yasmin Rahimi 877-222-5348 backfithealth@gmail.com 2836 E Indian School Rd Suite A8 A8, Phoenix, AZ 85016

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

