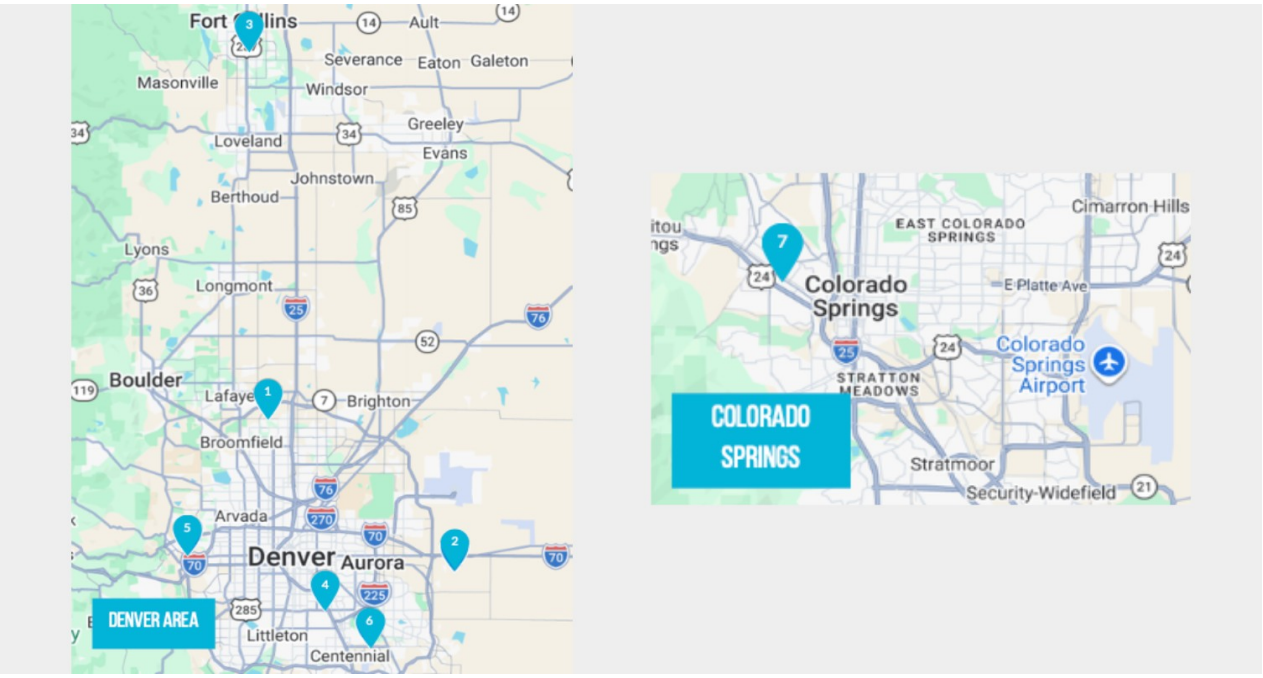

BackFit Health + Spine Expands Chiropractic & Medical Care Across Colorado

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BackFit Health + Spine provides chiropractic and medical care across its growing network of clinics. The organization has expanded its reach with new locations in Colorado, increasing access to integrated healthcare services for patients in multiple states.

The expansion adds seven clinics in Colorado to the existing Arizona locations. This growth supports the clinic?s mission to deliver personalized chiropractic care, medical services, rehabilitation, and pain management under one roof. Patients benefit from coordinated care that combines multiple specialties to address a variety of health concerns.

BackFit Health + Spine operates as a family-founded integrative medical clinic established in 2002. It combines chiropractic, medical, physical therapy, and wellness services. The current network includes locations in 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, as well as

Broomfield, Aurora, Fort Collins, Cherry Hills, Golden, Centennial, and Colorado Springs in Colorado.

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 certified in manipulation under anesthesia and has provided humanitarian care in Morocco. "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 through collaborative methods. "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, he participated in full-scale crash testing and 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 clinics offer comprehensive evaluations, diagnostic X-rays, and personalized treatment plans. Services include chiropractic adjustments using various techniques, spinal decompression, trigger point injections, physical therapy, massage therapy, acupuncture, allergy testing, and weight loss programs. The integrative model allows seamless coordination between chiropractors, medical providers, and therapists for optimal patient outcomes.

Chiropractic care in Greater Phoenix area remains a core part of the organization?s services, supporting patients with pain management, injury recovery, and overall wellness. The expansion into Colorado extends this same model of care to new communities, making integrated services more accessible.

National health surveys indicate growing utilization of chiropractic care for pain management and injury recovery. Systematic reviews show spinal manipulative therapy produces effects similar to recommended therapies for chronic low back pain and may offer better functional improvement. In both Arizona and Colorado, residents seek non-invasive options that address root causes rather than symptoms alone.

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

Patient education forms an important component of care. Providers offer guidance on posture, ergonomics, nutrition, and exercise to help prevent future issues. The integrative environment allows for seamless coordination between specialties, resulting in comprehensive care plans tailored to individual needs.

As BackFit Health + Spine continues to grow, the organization remains committed to its founding principles of holistic, patient-centered care. The addition of new locations in Colorado reflects the clinic?s dedication to expanding access to quality chiropractic and medical services.

The expansion supports the broader mission of helping more individuals achieve better health outcomes through licensed professionals and practices grounded in physiology and exercise science. With multiple convenient locations, patients can receive consistent, high-quality care close to home.

BackFit Health + Spine continues to assist individuals in managing pain and enhancing health through a team-based approach that integrates chiropractic, medical, and wellness services. The organization looks forward to serving more communities with the same level of personalized care that has defined its practice since 2002.

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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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