



"Providing world class care to NWI and the greater Chicago area for over 20 years!"



ABOUT **OSNI:**

- **7 Convenient Locations**
- **On-site Open MRI & X-ray**
- **Physical & Occupational Therapy**
- **EMG**
- **Open 7am-7pm**

NOW OFFERING SATURDAY APPOINTMENTS AND OPEN MRI



Second chance at a normal life

A revolutionary surgical procedure performed by Dr. Arshad Khan of Orthopaedic Specialists of Northwest Indiana (OSNI) is saving limbs and giving patients a second chance at a normal life.

The patient, a man in his early 50's, was sent to Dr. Khan at OSNI for a second, and perhaps final, opinion. The knee replacement surgery he had undergone from another doctor resulted in a severe infection. Treatment of the infection and open wound had been unsuccessful, and amputation was the recommendation.

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Stress Awareness Month

10 ways to celebrate national stress awareness month

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CLIENT TESTIMONY

"I began OT at OSNI right after shoulder surgery to repair a torn rotator cuff and bicep. My experience has been awesome from the first time I scheduled my appointments with Sabrina to actually sitting down with my physical therapist Karrah who evaluated me and gave a clear outline on what I should expect during the many months of recovery and treatment. I also want to acknowledge Gina, Nancy, Susan and Kathy for all their assistance during my therapy too! What a great team of highly trained individuals I had to help me along! I look back now when I began therapy and had absolutely no range of motion to where I am today and can't thank everyone at OSNI enough for their commitment and encouragement which is a significant part of my road to recovery."

- Alex Mileusnic

[CLICK FOR MORE SUCCESS STORIES](#)



MEET THE EXPERTS

Orthopaedic Specialists of Northwest Indiana (OSNI) has provided world-class care to the patients of Northwest Indiana and the Greater Chicago area for over 20 years. OSNI surgeons have trained at the most prestigious institutions from around the country and have been continuously recognized for their research and many patient excellence awards.

[SCHEDULE AN APPOINTMENT TODAY!](#)



5 TIPS ON HOW TO ENSURE YOUR GREEN THUMB DOESN'T GO BUM!

1.

Avoid standing and bending forward from the waist. If you need to be near the ground for weeding, set both knees on a pad, support yourself with one hand, keeping the neck in a normal position and the back as straight as possible, and use the other hand for gardening. Switch hands periodically.

2.

Dr. Tyndall suggests the “seventh-inning stretch” to warm up: do three to six back bends, slowly, with no discomfort. This extends the spine, which is the opposite of forward bending (or flexion). You can place your palms near the base of the spine to ensure that you’re not bending back too far.

3.

Do not garden for more than 20-30 minutes at a time.

4.

Every five minutes or so, stand up and perform the easy back bends from the waist described in 3) above.

5.

If you’re lifting a heavy object such as a box of plants or soil, you should squat (bend the knees only), keeping your back straight, and grasp the object with both hands.





730 45th Ave. | Munster, IN 46321 | 219-924-3300 | osni.org

Hours: Monday-Thursday 7AM-7PM |

Friday & Saturday 7AM-3PM

Satellite Locations:

Dyer Office - 15900 West 101st Ave., Dyer, IN 46311

Crown Point Office - 9301 Connecticut Dr., Crown Point, IN 46307

Winfield Office - 9150 E. 109th Ave, Crown Point, IN 46307

Hobart Office - 7835 Grand Blvd., Hobart, IN 46342

East Chicago Office - 4320 Fir St. #201, East Chicago, IN 46312

Whiting Office - 1516 119th St., Whiting, IN 46394

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