Thank you for voting us 
#1 BEST ORTHOPEDIC PRACTICE 
In Northwest Indians

We appreciate each and every one of you.

It is an honor to be named Best of the Region for 8 consecutive years. Our commitment to our patients and community remains our number one priority and we are honored and privileged to be your providers. We are grateful for your words and are all looking forward to our next year of service.

A FEW PHOTOS FROM OUR 
BEST OF THE REGION PARTY FOR OUR STAFF

COMING SOON
St. John, Indiana Location

We are delighted to announce we will be opening a location in St. John. It is expected to open in August 2024, located at 925 N. Main St. St. John. Indiana. Appointments scheduled at 219-609-3590

Holistic approach to back pain relief

A combination of chiropractic, yoga, and nutrition, Dr. Khan’s approach to back pain is both unique and effective. Surgery is never the answer!

Dr. Dwight Evans, Alvero and his associates are an exceptional group of practitioners.

Specialists of Northwest Indiana offers a holistic approach to back pain relief. This means in providing care, we focus on what is most important in the patient’s life and what is important to them. We believe in empowering patients to take control of their own health by providing them with the best possible care.

Dr. Khan’s tips on getting Back to life!

Enjoy a day of relaxation and activities that make you feel relaxed. Focus on other areas of your life such as eating healthy, exercise, quality sleep and your mental health. This provides the opportunity to engage in activities that make you feel relaxed and balanced.

Overall, maintaining a healthy diet is key. It includes processed foods, carbohydrates and added sugars. Incorporating whole foods into your diet, such as vegetables, fruits, lean proteins and healthy fats. This can also help reduce your risk of developing chronic diseases. It is important to be mindful of your daily routine and make healthy choices.

5K RUN/WALK & NERF WAR IN HONOR OF CHANCE

Sign up for free today!

For more information or to sign up, please visit our website at orthotobetween.com/5k or call us at 219-869-4000.

Thank you for your support and we look forward to seeing you at the event.