

DR. ZESHAN HYDER  
**The Midwest's  
Leading Spine  
Surgeon**

Creator of TrueMIS Minimally Invasive Surgery



"DR. HYDER'S APPROACH  
ALLOWS FOR SHORTER  
SURGERIES AND QUICKER  
RECOVERIES."

**D**r. Hyder's commitment to patient-first care has given thousands of patients a pain-free life. He custom builds treatment plans to fit each individual, taking time to understand their history, their symptoms, and their goals.

Educated at the University of Illinois, Midwestern University, and the Texas Back Institute, and trained at some of Chicago's top hospitals, Dr. Hyder is an expert in minimally invasive neck and lower back surgeries. He travels the world educating fellow surgeons on innovative, patient-centered techniques, including his minimally invasive TrueMIS approach that allows for faster surgeries and quicker recoveries. [See More](#)



REQUEST AN APPOINTMENT



# How We Help

Dr. Hyder and his team believe that the majority of spine issues can be resolved without surgery, through non-invasive treatments like physical therapy and pain management. If surgery is required, Dr. Hyder's minimally invasive TrueMIS approach allows most patients to go home the same day.

## CONDITIONS WE TREAT

## NECK

Neck Pain  
Cervical Spinal Stenosis  
Pinched Nerve

## LOWER BACK

Sciatica  
Spinal Instability  
Lumbar Scoliosis  
Lumbar Spinal Stenosis

## Treatments and Services

Dr. Hyder is committed to treatment that is best for the patient, so he and his team have developed a multi-step approach. Leading with non-invasive treatments like physical therapy, Dr. Hyder can build a treatment plan that works for you and your lifestyle.

# 01

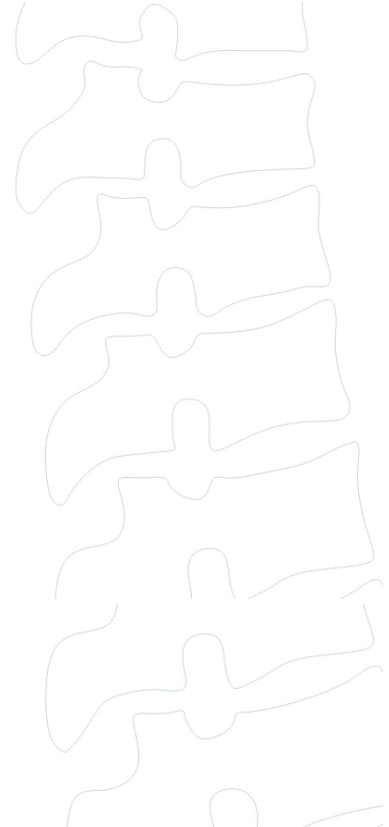
### PHYSICAL THERAPY

Many of our patients can find pain relief through stabilization and strengthening exercises so physical therapy is often the first step in treatment.

# 02

### PAIN MANAGEMENT

When physical therapy is unable to correct the problem, we can provide pain management through injections of anti-inflammatory or nerve-blocking medicines.



# 03

## MINIMALLY INVASIVE SURGICAL PROCEDURES

If pain management fails to offer good quality of life, Dr. Hyder uses his minimally invasive surgical technique, TrueMIS, to repair the damage without long recovery times.

Procedures include:

- [ACDF >](#)
- [MIS PCDF \(DTRAX\) >](#)
- [XLIF/ALIF >](#)
- [MIS TLIF >](#)
- [Microdiscectomy/Decompression >](#)



## Insurance Accepted

- |  |   |
|--|---|
| <a href="#">Anthem</a>                 | <a href="#">Indiana Workers' Comp</a>   |
| <a href="#">BlueCross BlueShield</a>   | <a href="#">Priority Health</a>         |
| <a href="#">UnitedHealthcare</a>       | <a href="#">Sagamore Health Network</a> |
| <a href="#">Cigna</a>                  | <a href="#">MultiPlan</a>               |
| <a href="#">Aetna</a>                  | <a href="#">Encore Health Network</a>   |
| <a href="#">Healthcare Exchanges</a>   | <a href="#">Medicare</a>                |
| <a href="#">Illinois Workers' Comp</a> |   |

Your specific insurance plan may have limitations. [Call us](#) or your insurance provider to confirm your coverage.

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**"Dr. Hyder has, in effect, given me back my life."**

- Lynne V., TrueMIS patient

**4359**

TrueMIS PROCEDURES PERFORMED

**84 %**

OF PATIENTS FOUND PAIN RELIEF WITHOUT SURGERY

**92 %**

OF PATIENTS WERE HAPPY WITH THE RESULTS OF THEIR CARE

DR. ZESHAN HYDER

LOCATIONS

**MERRILLVILLE OFFICE**

9001 Broadway  
Merrillville, IN 46410  
**Phone:** 219.795.3360  
**Fax:** 219.756.6500

**MUNSTER OFFICE**

801 MacArthur Blvd.,  
Suite 302  
Munster, IN 46321  
**Phone:** 219.795.3360  
**Fax:** 219.756.6500

**VALPARAISO OFFICE**

3800 St. Mary Dr.,  
Suite 101  
Valparaiso, IN 46383  
**Phone:** 219.795.3360  
**Fax:** 219.756.6500

PATIENTS & VISITORS

Patient Forms

Bone and Joint Specialists

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