

Our Doctor



Dr. Matthew Kirkham

Dr. Matthew Kirkham has been in practice since 1998. After receiving his doctorate from Palmer College of Chiropractic in Iowa, Dr. Kirkham returned to his hometown of LaPorte to begin his practice. Dr. Kirkham is the only Chiropractor in Northern Indiana, and among only a few in the country, to be both a Certified Gonstead Practitioner and a Certified Chiropractic Sports Physician. Dr. Kirkham has committed his career to being the premier natural healthcare provider offering the most advanced care.

Our Office



BTH Chiropractic

Established in 2008, BTH has continued a legacy in LaPorte that began in 1967 when the previous doctor's practice set the standard for premier chiropractic adjusting utilizing the world-renowned Gonstead System. Over the years, Dr. Kirkham has evolved the practice to provide one of the most comprehensive and cutting-edge natural healthcare systems.

Back To Health Chiropractic

Back To Health Chiropractic is a premier chiropractic center designed to offer you and your family a unique optimal health experience specializing in a comprehensive approach to natural drug-free healing from pain relief to wellness.



Contact Us

-  (219) 326-5100
-  info@laportewellness.com
-  LaPorteWellness.com
-  2504 Monroe Street
La Porte, IN 46350



Schedule Online



BACK TO HEALTH CHIROPRACTIC

Defeat Pain. Live Life!



OUR COMPREHENSIVE PROVEN PROCESS



Chiropractic Adjustments

Spinal Alignments

Chiropractic Adjustments are the foundation of your customized treatment plan to get you back to health. Spinal Adjustments are best when they are performed utilizing the most specific 'hands-on' adjusting technique - **The Gonstead Technique** - regarded as the 'gold standard' in Chiropractic Care. Spinal Adjustments unlock specific joint restrictions to relieve nerve pressure. Complimentary therapies help speed healing and improve posture for a long-lasting correction.

Rehab Therapy

Posture Correction

Physical Therapy is needed to break up scar tissue in muscles, tendons, and ligaments to increase flexibility so the Chiropractic Adjustments can hold in place for long-term correction. Our **Posture Correction Program** will help you have a stronger spine to prevent joint & disc degeneration.



Spinal Decompression Therapy

Disc Regeneration

Non-Surgical Spinal Decompression Therapy is an extremely safe effective treatment for **Bulged & Herniated Discs**.

Spinal Disc Decompression Therapy promotes regeneration of damaged and injured discs by rehydrating the tissues to relieve low back and leg pain, as well as prevent degeneration of spinal discs.



Laser Therapy

Tissue Healing

Class-4 Deep Tissue Laser Therapy is a painless, cutting-edge natural therapy to **Reduce Pain and Inflammation**, and speed natural healing by providing the cells with more energy to repair and rebuild damaged tissue. Laser Therapy provides a quicker recovery from injuries like whiplash, CTS, sprains, and strains.



Shockwave Therapy

Tissue Regeneration

If you're suffering from chronic tendon pain like Tennis Elbow, Achilles Tendinitis, Plantar Fasciitis, Knee Pain, Rotator Cuff Pain, or any other tendinitis condition, shockwave therapy can help you! Extracorporeal Radial Pulse Activation Therapy (EPAT) is an **FDA-Approved** procedure that's a cost-effective and safe treatment for musculoskeletal disorders.

