

Your Partner in Orthopedic Health and Recovery

Located in the heart of Barrington, Fox Valley Orthopedics (FVO) stands as a trusted partner in your recovery journey. Whether it's a sudden injury or long-standing joint pain, FVO delivers personalized care. With 50 years of experience and a growing list of specialties, FVO brings top-tier care right to your community.

From non-surgical treatments to advanced orthopedic procedures, FVO's physicians offer solutions tailored to each patient's journey. From getting you back to an active lifestyle to restoring everyday movement, FVO's board-certified specialists cover it all. Sports Medicine Surgeons Dr. James Seeds and Dr. Joshua Alpert focus on injury prevention and performance. Dr. Lauren Matteini brings advanced care for spine conditions, while Dr. Shobhit Minhas specializes in hand and upper extremity surgery. For joint replacement needs, Dr. Kenneth Chakour provides innovative solutions, and Dr. Gary Kazmer ensures expert care for foot and ankle health. Each doctor is committed to delivering compassionate, personalized care—right in your community.

Additional Services

Recovery is about more than just treatment—it's about teamwork. At FVO, Physical and Occupational Therapy services set them apart by prioritizing seamless communication between doctors and therapists. This close collaboration ensures that patients' therapy plans are not only personalized but also aligned with overall recovery goals, helping patients regain strength, restore function, and get back to what they love faster.

OrthoFirst: Immediate Orthopedic Care When You Need It

For those unexpected injuries, visit OrthoFirst Urgent Care. Open Monday through Friday from 8:30 a.m. to 5 p.m., OrthoFirst offers same-day treatment for bone, joint, and muscle injuries—all at a fraction of the cost of an ER visit. The orthopedic specialists at FVO handle everything from sports injuries and dislocations to fractures, sprains, and work-related injuries, giving expert care without the wait.

Fox Valley Orthopedics proudly serves the Barrington community, with additional locations in Algonquin, Elgin, Geneva, and Yorkville. For more information, visit FVOrtho.com or call (855) 386-7846.



Joshua M. Alpert, MD
Sports Medicine Surgeon



Kenneth S. Chakour, MD
Joint Replacement Surgeon



Gary M. Kazmer, DPM
Foot and Ankle Specialist



Lauren E. Matteini, MD
Spine Surgeon



Shobhit V. Minhas, MD
Hand and Upper
Extremity Surgeon



James R. Seeds, MD
Sports Medicine Surgeon

