

## Derek Shelton, DNP, APRN-BC, Recognized in America's Best in Medicine as Clinical Leader and Innovator

Driving Healthcare Excellence and Performance Innovation in Evansville, Indiana



**Evansville, Indiana Dec 2, 2025 ([Issuewire.com](https://www.issuewire.com))** - Derek Shelton, DNP, APRN-BC, is a Board-Certified Adult Nurse Practitioner and the Clinical Operations Officer for Orthopedic Associates in Evansville, Indiana. With more than two decades of experience in nursing and advanced practice leadership, he has been instrumental in developing one of the region's most successful orthopedic surgery programs—developing clinical structures, optimizing workflows, and leading multidisciplinary

teams to deliver exceptional patient outcomes.

A proud graduate of the University of Southern Indiana, Dr. Shelton holds a Bachelor's in Health Services Administration, a Master's in Nursing, and an MBA, culminating in a Doctor of Nursing Practice from Murray State University. His early career was rooted in trauma and joint replacement, but his passion for enhancing performance and recovery propelled him into the realms of functional medicine and human performance science.

In addition to his role at Orthopedic Associates, Dr. Shelton founded Optimize U Evansville, a premier health and recovery clinic specializing in hormone optimization, peptide therapy, cryotherapy, PNOE metabolic analytics, IV hydration, and advanced recovery modalities. His entrepreneurial spirit extends to the Ohio River Muscle Company, a lifestyle and performance brand, as well as Offscript Studios, a creative production company developing podcasts, film projects, and multimedia storytelling.

"What I enjoy most about my professional life is the ability to blend leadership, medicine, and innovation to make a tangible impact on people's lives," Dr. Shelton shared. "Whether improving patient outcomes in orthopedics, helping someone restore their health and confidence through optimization and recovery services, or mentoring my team toward personal and professional growth — I find purpose in building systems and experiences that truly help others perform at their best. I also love the creative side of my work — developing new brands, projects, and ideas that connect health, human potential, and storytelling in meaningful ways."

Recognized for his innovation, authenticity, and community leadership, Dr. Derek Shelton exemplifies the intersection of medicine, athletics, and creative media. His mission is clear: to empower individuals to become their best versions through health optimization and innovative recovery solutions.

### **Learn more about Dr. Derek Shelton:**

Through his America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/derek-shelton>

### **America's Best in Medicine**

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

### **Media Contact**

America's Best in Medicine

\*\*\*\*\*@americasbestinmedicine.com

1-877-346-0175

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