

Colin M. Kingston, MD, an Orthopaedic Surgeon with Tidewater Orthopaedics

Get to know Orthopaedic Surgeon Dr. Colin M. Kingston, who serves patients in Virginia.



New York City, Aug 26, 2020 (Issuewire.com) - Originally from Long Island, New York, Dr. Kingston has been with Tidewater Orthopaedics since 2003, seeing patients at the offices in Hampton and Williamsburg, Virginia. Recognized as a knowledgeable and skilful orthopaedic surgeon, he specializes in arthroscopic surgery, sports medicine injuries, total joint replacement (hip & knee), ACL repair, rotator cuff repair, meniscal repair, PRP and stem cell injections, as well as conditions of the hip, knee, and shoulder including trauma.

Serving as both an orthopaedic center and a sports medicine clinic, Tidewater Orthopaedics specializes in treating a wide variety of injuries and conditions affecting the musculoskeletal system, including arthritis, rotator cuff and ACL tears, trigger finger, carpal tunnel syndrome, Achilles tendonitis, plantar fasciitis, and more. With a goal of treating patients as conservatively as possible, the practice offers a full range of nonsurgical options, such as medications, pain management, splinting, and hand and physical therapy provided by their in-house staff of outstanding therapists. This dedicated team of professionals works closely with surgeons to collaboratively develop and implement an individualized plan of care for each patient, which is designed to alleviate pain, improve function, and enhance the quality of life.

A true professional in his field, Dr. Kingston serves his patients by valuing their time, listening to their concerns, and doing his best to resolve those issues. He loves seeing their quality of life improve and the happiness it brings to their families.

In his official capacity, he is affiliated with Orthopaedic Hospital at Sentara CarePlex, CarePlex Orthopaedic Ambulatory Surgery Center, Sentara Williamsburg Regional Medical Center, Bon Secours Mary Immaculate Hospital, and Geddy Ambulatory Surgery Center. He also continues to enjoy mentoring young high school and college students who have an interest in pursuing a career in medicine.

A proud former member of the U.S. Air Force, Dr. Kingston was a flight surgeon and an orthopaedic surgeon during operations Desert Storm, Enduring Freedom, and Iraqi Freedom. During his military service, he attended medical school at the Uniformed Services University of the Health Sciences F. Edward Hébert School of Medicine, earning his medical degree in 1991. He then went on to complete his residency in orthopaedic surgery at the San Antonio Uniformed Services Health Education Consortium in Texas.

Before long, he became board-certified in orthopaedic surgery and orthopaedic sports medicine by the American Board of Orthopaedic Surgery (ABOS). The ABOS is an organization with the goal of establishing educational and professional standards for orthopaedic residents and surgeons as well as evaluating the qualifications and competence of orthopaedic surgeons.

A Fellow of the American Academy of Orthopaedic Surgeons, Dr. Kingston remains a member of the American Orthopaedic Society for Sports Medicine, the Virginia Orthopaedic Society, the Medical Society of Virginia, the Arthroscopy Association of North America, and the Society of Military Orthopaedic Surgeons.

Orthopaedic surgery is the branch of surgery concerned with conditions involving the musculoskeletal system. Orthopaedic surgeons use both surgical and non-surgical means to treat musculoskeletal trauma, spine diseases, sports injuries, degenerative diseases, infections, tumors, and congenital disorders.

Pertaining to his various awards and appointments, Dr. Kingston has been voted Top Orthopaedic

Surgeon by Coastal Virginia Magazine (2016), named Hampton Roads Magazine readers' selection as one of the Best Orthopaedic Doctors in Hampton Roads Virginia (2011), received the Meritorious Service Medal (USAF), and has been selected as the first Medical Director at the Orthopaedic Hospital at Sentara CarePlex, among others.

On a more personal note, Dr. Kingston lives in Yorktown with his wife and their two kids. In his spare time, he is involved with his children's extracurricular activities, and he pursues his interests in all sports and recreational activities, especially rugby, wrestling, golf, football, fishing, hiking, skiing, target shooting, kayaking, and scuba diving.

Learn More about Dr. Colin M. Kingston:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2499019-Colin-Kingston-Orthopedist> or through Tidewater Orthopaedics, <https://www.tidewaterortho.com/doctors/colin-m-kingston-md>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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