

Paul Eliot Hughes, MD, Delivers Advanced Orthopedic and Sports Medicine Care Across the Bay Area

Board-Certified Surgeon at Hughes Orthopedics Combines Minimally Invasive Techniques, Regenerative Medicine, and Compassionate Care to Help Patients Return to Active Lives



Sacramento, California Apr 24, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Paul Eliot Hughes, MD, a renowned board-certified orthopedic surgeon specializing in sports medicine, continues to provide exceptional care to patients through his private practice, Hughes Orthopedics, headquartered in San Mateo, California, with satellite clinics serving Sacramento, Stockton, San Jose, and Oakland.

Known for his patient-centered approach and commitment to innovation, Dr. Hughes offers comprehensive surgical and nonsurgical treatment options for a wide range of orthopedic conditions. At his San Mateo practice, patients have access to the latest minimally invasive procedures, including arthroscopy and computer-assisted surgical techniques designed to reduce pain, minimize recovery time, and improve long-term outcomes.

Dr. Hughes is particularly dedicated to helping individuals suffering from chronic pain involving the back, hips, and knees. By tailoring treatment plans to each patient's unique needs, he works to restore mobility, reduce discomfort, and improve overall quality of life. His combination of advanced technology and personalized care has earned him the trust of patients throughout the Bay Area and beyond.

Respected by colleagues and peers alike, Dr. Hughes also holds faculty appointments at Mills-Peninsula Hospital, Sequoia Hospital, and Campus Surgery Center. His leadership in orthopedic surgery reflects a continued dedication to excellence in both clinical practice and professional education.

In addition to traditional orthopedic care, Dr. Hughes brings more than a decade of experience in regenerative medicine. He offers same-day outpatient procedures using platelet-rich plasma (PRP) and bone marrow concentrate therapies, all performed under local anesthetic. These advanced biologic treatments are designed to support healing, reduce inflammation, and provide meaningful pain relief without the extensive downtime often associated with major surgery.

Dr. Hughes' distinguished medical career is built on a strong academic foundation. He earned his undergraduate degree in Physics from UCLA with top honors before receiving his medical degree from the Keck School of Medicine at the University of Southern California. He then completed his residency in orthopedic surgery at the George Washington University School of Medicine and Health Sciences, where his innovative research received recognition from the orthopedic community in Washington, D.C.

To further refine his expertise, Dr. Hughes completed a prestigious fellowship in sports medicine at Washington University in St. Louis, one of the nation's leading teaching hospitals and medical centers. During his fellowship, he served as team physician for several professional sports organizations, including the St. Louis Rams, Cardinals, and Blues. This hands-on experience treating elite athletes helped shape the high-performance, results-driven care he now provides to patients of all activity levels.

Following his advanced training, Dr. Hughes achieved board certification through the American Board of Orthopedic Surgery (ABOS), an organization dedicated to maintaining the highest educational and professional standards within the specialty.

Beyond the operating room, Dr. Hughes is actively involved in the research and development of medical devices and serves as an advisor to emerging media ventures, several medical companies, and the College of San Mateo. His work in innovation and education demonstrates a broader commitment to advancing healthcare and supporting future generations.

Equally important is Dr. Hughes' dedication to service. He spends many hours assisting underserved and less fortunate members of the San Mateo community and surrounding areas. Known for going

above and beyond, he has made special house calls to elderly patients and children with special needs. His expertise has also taken him internationally, traveling as far as Australia and Hong Kong to perform cutting-edge orthopedic procedures.

With extensive experience, a passion for innovation, and a deeply compassionate approach to patient care, Dr. Paul Eliot Hughes remains a leading figure in orthopedic surgery and sports medicine. Through Hughes Orthopedics, he continues to help patients regain strength, mobility, and confidence so they can return to the activities they love.

Learn More about Dr. Paul Eliot Hughes:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/776924-Paul-Hughes-Orthopedist> or through his website, <https://orthopedicsurgeries.com/>

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Source : Dr. Paul Eliot Hughes

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