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2025 VISION

As your trusted partner, inspired by faith
and committed to excellence, we lead
the transformation of healthcare and
create healthier communities.

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Mount St. Mary's Orthopedic Center
5320 Military Road, Suite 107
Lewiston, NY 14092
(716) 297-1701

Trinity Medical Orthopedics
4901 Camp Road, Suite 100
Hamburg, NY 14075
(716) 204-1101

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ORTHOPAEDIC CARE

Leading-edge care
from a team of experts

Committed to helping patients lead active, pain-free lives.

When it comes to orthopaedics, patients require an individualized approach to care. We're committed to creating treatment plans that reflect each patient's unique set of challenges.

Joint and muscle pain can significantly affect your quality of life. Joints take a lot of wear and tear over time, especially as we age, and for those who lead particularly active lifestyles. Our team helps patients get back to enjoying their lives, rather than focusing on the pain that keeps them from living.

From an acute injury to pain that just won't go away, we encourage patients to set up an initial consultation to see what our experts can do for you. Our physicians use state-of-the-art technology, minimally invasive procedures, and diagnostic imaging to keep recovery times manageable and get you back on your feet as soon as possible.

MEET THE DOCTORS



Kafai Lai, MD

BOARD CERTIFIED:

American Board of
Orthopaedic Surgery

FELLOWSHIP:

Foot & Ankle Surgery
Fellowship and Hip & Knee
Arthroplasty Fellowship at
St. Michael's Hospital, Toronto

PRACTICE LOCATION:

5320 Military Road,
Suite 107, Lewiston.
(716) 297-1701



Stephen Watkins, DO

BOARD CERTIFIED:

Orthopaedic Surgery

FELLOWSHIP:

Orthopaedic Sports Medicine
& Arthroscopy Fellowship
at Orthopaedic Research
of Virginia, Richmond

PRACTICE LOCATIONS:

5320 Military Road,
Suite 107, Lewiston.
(716) 297-1701

4901 Camp Road,
Suite 1, Hamburg.
(716) 204-1101

Our goal: restoring patients' quality
of life while adhering to the highest
standards of patient care.