

Our Doctors



Dr. Keith Girton M.D.
Medical Director and Chief of Surgery

Dr. Girton is a board-certified surgeon with more than 30 years of experience helping thousands of patients find relief. As an orthopaedic surgeon at our Cincinnati practice, BEST Surgery & Therapies, Dr. Girton is excited to practice in his home state and help patients get their lives back with minimally invasive spine surgery. During his career, Dr. Girton completed over 6,000 minimally invasive outpatient spinal surgeries for patients across the United States.

Education: Doctor of Medicine, Ohio State University College of Medicine

Certifications: Board-certified by the American Board of Orthopaedic Surgery and American Board of Independent Medical Examiners



Dr. James Abbott M.D.
Orthopaedic Surgeon

Dr. Abbott is a premier orthopaedic surgeon trained to perform thousands of complex surgeries each year. He has 13 years of successful clinical practice prior to joining the team at BEST. He has performed over 2,800 knee and hip cases over the course of his career and specializes in direct anterior total hip arthroplasty.

Education: Doctor of Medicine, Medical College of Ohio, Bachelors of Science, Ohio State University

Certifications: American Board of Orthopaedic Surgery, Mako Robotic Total Hip Certified, and Navio, Mako, and Rosa Robotic Total Knee Platform Certified Surgery and American Board of Independent Medical Examiners



About BEST Health System

BEST Health System is a patient-first integrated ecosystem for spine and orthopedic care that focuses on minimally invasive procedures, patient-first support model with dedicated clinical teams focused on going the extra mile in achieving quality and providing high patient outcomes.

At the BEST Cincinnati practice, BEST Surgery & Therapies is the premier leader in state-of-the-art, minimally invasive orthopaedic and spine surgery techniques. Our unique care model has transformed the outpatient experience by providing patients with a better alternative to hospital-based procedures. We've done so with a superior track record of quality care and positive patient outcomes.

BEST Health System

Cincinnati Practice: Best Surgery & Therapies

2001 Gilbert Avenue Cincinnati, OH 45202

513-654-5836 besthealthsystem.com

Our quick-reply scheduling service allows rapid patient access to our modern healthcare facilities, where we provide same-day surgical care as well as diagnostic and preventative measures.



BEST is a single-solution healthcare experience designed to meet each patient where they are in their health and wellness journey throughout an interdisciplinary, individualized care plan that integrates all services and treatments a patient may need. All care is delivered on the premises of our facility, facilitating high-level communications among a full medical team that is holistically engrossed in promoting optimal outcomes.

Patient-centered care is the very essence of our culture at BEST. Our organization strives to find creative ways to enhance the patient experience while delivering the highest quality of care and achieving optimal outcomes.

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The BEST care model:

- Provides orthopaedic and spine surgeries using minimally invasive modern technologies like endoscopy, arthroscopy, laser technology, and micro-instruments techniques.
- Ensure that complex procedures like spine motion preservation, total joint replacement, and fusions are performed safely and with the highest quality outcomes at a much lower cost than hospital care.
- Results in low infection rates, low complication rates, less nervous system inflammation
- Provides patients a quicker recovery, translating to a faster return-to-work and normal daily activities.
- Our surgeries are performed by highly-skilled, board-certified surgeons in an outpatient surgery center. Our carefully selected physicians are grounded upon their clinical outcome score when compared to their peers. Expect the very BEST.

Our Cincinnati practice provides a full range of spine and orthopaedic triage, consultations, imaging, diagnostics, pain management, therapy, and treatment services in one patient-focused location.

- Ambulatory Surgery Center
- Diagnostic Imaging Center
- Pain Management Suite
- Physical Therapy (coming soon)
- Spine and Orthopaedic Clinic
- Urgent Orthopaedics Care Center (coming soon)

At BEST our medical team- along with our patients and their caregivers - look forward to the days where their patients reclaim active lifestyles, get back to work and daily activities, and restore meaningful connections with loved ones.

