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Dr. Mitsunaga earned a Bachelor of Science from Stanford University in Science, Technology & Society and Biology. He received his medical degree from the John A. Burns School of Medicine at the University of Hawaii, where he was inducted into AOA Honor Society.

He completed his residency in Orthopedic Surgery at the University of California, Davis, followed by fellowship in Orthopedic Spine Surgery at Stanford University Medical Center in Palo Alto, CA. He developed a special interest in scoliosis and completed a second fellowship in Adult and Pediatric Orthopedic Spine Deformity at the University of California, San Francisco.

Dr. Mitsunaga has chaired and spoken at several national spine surgery conferences, published numerous peer-reviewed articles in prominent orthopedic journals, and co-authored book chapters in orthopedic textbooks. He is AOA Own the Bone Physician Champion and recently launched the first Bone Health and Osteoporosis Clinic in Hawaii.