

Dr. Hemsted specializes in comprehensive foot and ankle care. He earned his Bachelor of Science in Biology from St. Lawrence University in Canton, NY, where he also competed for 4 years on the Varsity Rowing team. He graduated from Kent State University College of Podiatric Medicine in Cleveland, OH with his Doctorate in Podiatric Medicine where he was a member of the Pi Delta National Podiatric Honor Society.

He completed his 3-year residency in podiatric medicine and surgery with the added credential in reconstructive rearfoot/ankle surgery at Cambridge Health Alliance in Cambridge, MA, a Harvard Medical School-affiliated program. He served as Chief Resident and performed over 1,200 procedures. Dr. Hemsted is board qualified in both Foot Surgery and Reconstructive Rearfoot/Ankle Surgery by the American Board of Foot and Ankle Surgery.

He is committed to providing personalized care and offering both surgical and non-surgical treatment options tailored to each patient's needs. His areas of interest include minimally invasive surgery, arthroscopy, sports injuries, deformity correction, and arthritis management.

Outside of medicine, Dr. Hemsted enjoys outdoor activities like hiking, hunting, and fishing.