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Graduated with Doctor of Medicine (M.D.) from National University of Malaysia, Dr. Alston Choong continued to pursue his postgraduate Master of Sports Medicine at University of Malaya after served in the government hospital for few years. He is currently a registered sports and exercise physician under Ministry of Health Malaysia. Besides being a conscientious clinician, he also actively involves in scientific researches in the field of sport-related or musculoskeletal injuries, sports rehabilitation, regenerative sports medicine, physical activity, exercise and obesity.

He had vast experiences in medical coverage of local and international sports events, and appointed as team physician for various sports. His role as a medical educator is apparent through lectures, presentations and trainings in countless local and international talks, workshops and conferences. He is also a sports science instructor for the National Coaching Academy under the National Sports Institute of Malaysia.

Dr. Alston Choong is currently serves as the Council Member of Malaysian Association of Sports Medicine (MASM) since 2016.