Dr. Paul Steinbok was born in Barbados and did his medical training at the University of the West Indies in Jamaica After a residency in Neurosurgery in Vancouver at the University of British Columbia, Dr. Steinbok became a Fellow of the Royal College of Surgeons of Canada in Neurosurgery in 1977. He completed a Medical Research Council of Canada research fellowship at the University of North Carolina and Duke University in North Carolina, and then returned to Vancouver, where he has been practicing as a neurosurgeon in Vancouver since March 1979. Since 1985, he has limited his practice to pediatric neurosurgery.

He has been Head of the Division of Neurosurgery and Chairman of the Pediatric Neurosurgery Fellowship program at BC Children's Hospital in Vancouver from July 1984 until December 2013. He was Medical Director of the Neurosciences program from 1995 to 2017. Dr. Steinbok is a Professor at the University of British Columbia, in the Department of Surgery. He has over 200 publications in peer reviewed journals. He is on the editorial board of Child's Nervous System and is on the review panel for many scientific journals. His major interests have included management of spastic cerebral palsy, epilepsy surgery, spinal dysraphism and Neurooncology in children.

He was President of the International Society for Pediatric Neurosurgery (ISPN) in 2010-2011. He has been on the executive of the Section of Pediatric Neurosurgery of the American Association of Neurological Surgeons/Congress of Neurological Surgery and the American Society for Pediatric Neurosurgeons. He has been invited nationally and internationally as a visiting professor and as a guest lecturer. As a past Chair of the Education Committee of the International Society of Pediatric Neurosurgery, Dr. Steinbok has taken a major interest in international education of neurosurgeons in the field of pediatric neurosurgery. He has organized many international courses about pediatric neurosurgery in Argentina, Singapore, India, Morocco, Colombia, Costa Rica and China.