

VA Greater Los Angeles Healthcare System
Affiliated with
David Geffen School of Medicine at UCLA

Physical Medicine & Rehabilitation Residency Program



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Welcome

Welcome to the VA Greater Los Angeles Healthcare System / UCLA-Affiliated Physical Medicine and Rehabilitation Residency Program. The field of Physical Medicine and Rehabilitation is constantly evolving and we are proud to be a part of the exciting progress. Since 1955, our program has trained more than 250 physiatrists and has been dedicated to providing quality patient care.

We are fully accredited by the Accreditation Council for Graduate Medical Education (ACGME) and offer outstanding clinical experiences in all aspects of clinical neurorehabilitation and musculoskeletal medicine including interventional physiatry, electrodiagnostic medicine, amputee care, cardiopulmonary rehabilitation, and other subspecialty areas.

Currently, the program hosts 25 PM&R Residents and supports 4 Pain Medicine Fellows. Our full-time faculty members outnumber our trainees (a superb teaching faculty:resident ratio) and are passionately dedicated to educating our residents and fellows. In addition, our trainees work with numerous part-time and voluntary faculty clinicians based in the community and the private sector.

We are a multi-campus training program comprised of a family of affiliated hospitals in the Los Angeles areas (Greater Los Angeles VA Healthcare System – West Los Angeles and Sepulveda, UCLA Medical Center, Cedars-Sinai Medical Center, Children’s Hospital Los Angeles, Long Beach VA Healthcare System, and Rancho Los Amigos National Rehabilitation Center). We offer a well-balanced curriculum evenly divided between outpatient and inpatient rotations.

The residency program shares resources and faculty with the Pain Medicine Fellowship Program (founded and ACGME accredited since 2001). Co-staffed by Physiatrists, Anesthesiologists, Psychologists, Neurologists, and Psychiatrists, this program offers a true multidisciplinary approach to comprehensive pain management. Thus, the residents have the opportunity to learn from experts and gain exposure to various evaluation and treatment methods in pain management, including post-operative care and interventional pain procedures.

On behalf of the bright residents, fellows, and faculty across our family of facilities, I welcome you to learn more about us. We look forward to meeting you during your visit, elective rotation or interview here.

Best Regards,

Dixie Aragaki, MD

Program Director, VA GLA HS Physical Medicine & Rehabilitation Residency
Associate Clinical Professor, David Geffen School of Medicine at UCLA



Curriculum

Overview:

Thank you for your interest in our residency program. Listed below are sample schedules for the West Los Angeles VA followed by the components of our curriculum. Strong emphasis is placed on both clinical exposure and formal classroom teaching every day of the week. Residents have ample opportunities to gain hands-on experience by participating in various procedures, including electrodiagnostic testing and ultrasound-guided injections. Furthermore, residents are expected to present morbidity and mortality, journal club, grand rounds, as well as various other presentations throughout the year. Since this is a multi-campus program, the typical day will vary from one site to another. Regardless of the rotation, Tuesday afternoons remain protected time for didactics, which are predominantly faculty-led, and all sites remain committed to the educational experience of the residents.

Our typical work day lasts from 8am-5:30pm, but at times it can run later. Twenty days of vacation are provided with another ten days allowed for illness/required certifications/conferences. Our call schedule varies considerably based on location as well as post-graduate year. We encourage you to ask us questions about it when you visit.

Sample Outpatient Week at West Los Angeles VA

| | 8AM-9AM | 9AM-NOON | 1PM-5PM |
|-----------|--------------|--------------------|--------------------|
| Monday | Lecture | EMG/NCS | General Outpatient |
| Tuesday | Lecture | General Outpatient | Didactics |
| Wednesday | Pain Lecture | Pain Clinic | Pain Clinic |
| Thursday | Lecture | EMG/NCS | Pain Clinic/EMG |
| Friday | Lecture | General Outpatient | General Outpatient |

Sample Inpatient Week at West Los Angeles VA

| | 8AM-9AM | 9AM-NOON | 1PM-5PM |
|-----------|--------------|-------------------|-----------|
| Monday | Lecture | Continuity Clinic | Inpatient |
| Tuesday | Lecture | Inpatient | Didactics |
| Wednesday | Pain Lecture | Team Meeting | Inpatient |
| Thursday | Lecture | Amputee Clinic | Inpatient |
| Friday | Lecture | Inpatient | Inpatient |

COMPONENTS OF THE CURRICULUM

The three components of the Physical Medical and Rehabilitation (PM&R) and Pain Medicine curriculum include:

- 1) Basic Science and Clinical Didactics
- 2) Clinical Practice
- 3) Research

1. BASIC SCIENCE AND CLINICAL DIDACTICS

Basic Science: (ANNUAL LECTURE SERIES)

Presented on an annual basis, this series of modules consisting of six to twelve lectures each are given by specialists in their respective fields, as follows:

- Introduction to Physical Medicine and Rehabilitation
- Gait Analysis/Kinesiology
- Neuromuscular Physiology and Neurorehabilitation
- Functional Musculoskeletal and Neurological Anatomy
- Musculoskeletal Examination Skills
- Anatomy Lab (MSK Ultrasound)
- Electrodiagnosis I
- Electrodiagnosis II
- Research Module/Statistics
- PM&R Administration/Medical-Legal Practice Issues
- Prosthetics/Orthotics/Amputee Rehabilitation

Clinical Didactics: (CORE LECTURE SERIES)

A second component is the Core Lecture Series, which is presented over a three-year period by Staff and Residents as follows:

- Stroke Rehabilitation (2013-14; 2010-11)
- Geriatric Rehabilitation (2013-14; 2010-11)
- Neuromuscular Disorders (2013-14; 2010-11)
- Rheumatologic and Connective Tissue Diseases (2013-14; 2010-11)
- Modalities and Therapeutic Exercises (2013-14; 2010-11)
- Spinal Cord Injury (2014-15; 2011-12)
- Degenerative Spine Disorders (2014-15; 2011-12)
- Musculoskeletal/Sports (2014-15; 2011-12)
- Pediatric Rehabilitation (2014-15; 2011-12)
- Cardiopulmonary, Cancer Rehab (2014-15; 2011-12)
- Traumatic Brain Injury (2015-16; 2012-13)
- Central Nervous System Disorders (2015-16; 2012-13)
- Industrial Rehabilitation (2015-16; 2012-13)
- Pain Management (2015-16; 2012-13)
- Additional Topics (burns, skin, movement disorders, polytrauma) (variable)
- Pain Lecture Series held every Wednesday morning 8-9am.

2. CLINICAL PRACTICE:

This component offers the opportunity to acquire appropriate evaluation and treatment skills as well as to demonstrate competence in the inpatient and outpatient settings covering the following rehabilitation and pain management areas:

- General Rehabilitation
- Musculoskeletal/Rheumatology Rehabilitation
- Electrodiagnostic Medicine
- Pain Medicine including Interventional Pain Management
- Amputee Rehabilitation
- Prosthetics/Orthotics and Wheelchair
- Traumatic Brain Injury
- Spinal Cord Injury
- Pediatric Rehabilitation
- Cardiopulmonary Rehabilitation
- Nursing Home Care Unit (Geriatric Rehabilitation and Cancer/Palliative Care)
- Wellness and Fall Risk Assessment
- Sports Medicine
- Polytrauma

3. RESIDENT RESEARCH:

By the Fall of the PGY-2 year, each new resident is assigned to a research team and faculty advisor. The team will prepare, conduct, and submit results of the project over the course of the three-year residency program.

For a list of recent publications from our residents, please click [here](#).

Research

By the Fall of the PGY-2 year, each new resident is assigned to a research team and faculty advisor. The team will prepare, conduct, and submit results of the project over the course of the three-year residency program. In August of each year, a full day is dedicated to our Research Day, where residents give poster and PowerPoint presentations on their respective research.

A. Goals of PM&R Resident Research:

- a. Gain an exposure to and appreciation of scientific research in PM&R
- b. Acquire research skills and interests necessary for more intensive future involvement in research
- c. Provide the opportunity for an experience-based decision regarding pursuit of an academic career
- d. Enhance the ability to critically review research literature
- e. Develop an understanding of the interrelatedness of research to clinical practice
- f. Develop relevant clinical work of publishable quality
- g. Foster the recognition that involvement in research can be enjoyable and personally rewarding

B. Resident Research Responsibilities:

a. First Year Residents: *Research Module: Literature Review and Methodology*

- (1) Beginning October 1st, attendance at a weekly practicum with Team Advisor Tuesdays at 1:15– 2:00pm.
- (2) Nine (9) hours of classroom instruction on research methodology with exercises designed to augment the practicum
- (3) Attendance at the Annual Research Day (August)
- (4) Attendance at the six (6) hour Statistics Lecture Series in January with a grade of at least 80% on the exam.

b. Second / Third Year Residents: *Research Module: Data Collection and Analysis*

- (1) Conduct research activities on their team project during designated research time
- (2) Attendance at a weekly practicum with Team Advisor on Tuesdays 1:15 – 2:00 pm
- (3) Team poster presentation at the Annual Research Day (August)
- (4) Present at AAPM&R annual conference (Third Year Residents)

C. Select publications by our residents are listed below:

2013

Woojae Kim, Eric Y. Chang, Beny Charchian, Li-Jung Liang, Armen J. Dumas, Hyung Kim, Mario Perez, Hilary C. Siebens. Strengthening information capture in rehabilitation discharge summaries – an application of the Siebens Domain Management Model. *PM&R Journal* March 2013

Schulz CF, Davis TT, Fung DA. Epidural lipomatosis as a cause for high impedance values during a spinal cord stimulator trial. *PM&R Journal* (online publication 4/30/13) accepted manuscript

Jung J, Ignatius M, Schulz C, Ornelas C. Advances in spinal cord stimulation for treatment of chronic pain. *Current Physical Medicine and Rehabilitation Reports*. June 2013, Volume 1, Issue 2, pp 120-124

2012

Zappaterra MW, Lehtinen MK. The cerebrospinal fluid: regulator or neurogenesis, behavior, and beyond. *Cellular and Molecular Life Sciences*. Epub, 13 March 2012.

Duc Chung et al. Predictors of discharge to acute care after inpatient rehabilitation in severely affected stroke patients. *Am. J. Phys. Med. Rehabil.* & Vol. 91, No. 4, April 2012

2011

Roger Mignosa. Exercise principals: compliance and training to build health and prevent Injury. *The Pain Practitioner*, Vol. 21, Number 2, Pgs. 24-29. Summer 2011

Lehtinen MK, Zappaterra MW, Chen X, Yang Y, Hill AD, Lun M, Maynard T, Gonzalez D, Kim S, Ye P, D'Ercole AJ, Wong ET, LaMantia AS, Walsh CA. The cerebrospinal fluid provides a proliferative niche for neural progenitor cells. *Neuron*, Vol. 69, 893-905, 10 March 2011.

2010

- Fish DE, Lee PC, Parti A, Pham Q. Evaluating correlation of two pain scales in spinal procedures. *Fed Pract.* 2010;27(5):24-28.
- Sanger JM, Wang J, Gleason LM, Chowrashi P, Dube DK, Mittal B, Zhukareva V, Sanger JW. Arg/Abl-Binding protein a Z-body and Z-band protein, binds sarcomeric, costameric and signaling molecules. *Cytoskeleton.* 2010; 67:808-823.
- Miranda M, Figoni SF, Cha T, Flanagan T, Mandal O, Silva M, Scremin AME, Scremin OU. Calf tissue oxygenation during exercise in men with and without risk factors for developing peripheral arterial disease. *Am J Phys Med Rehabil.* 2011, in press.

2009

- Karlamangla AS, Sarkisian CA, Kado DM, Dedes H, Liao DH, Kim S, Reuben DB, Greendale GA, Moore AA. Light to moderate alcohol consumption and disability: variable benefits by health status. *Am J Epidemiol.* 2009;169:96-104.
- Aragaki D, Nasmyth M, Schultz S, Nguyen G, Yentes J, Kao K, Perell K, Fang, M. Immediate effects of contralateral and ipsilateral cane use on normal adult gait. *PM&R J.* 2009;1(3):208-213.
- Figoni SF, Kunkel CF, Scremin AME, Dedes H, Kalioundji G, Thomas B, Bang HT, Liu P. Six months of calf exercise training in a patient with peripheral arterial disease and intermittent claudication: A case report. *Clin Kinesiol.* 63:30-38.
- Figoni SF, Kunkel CF, Scremin AME, Asher A, Banks NL, Rivera A, Tin J, Cohen B. Effects of exercise training on calf muscle oxygenation in men with intermittent claudication. *PM&R.* 2009;1(10):932-940.
- Miranda A, Figoni SF, Castellano V, Hyams D, Kerendian N, Nguyen T, Tyson A, Scremin AME, Scremin OU. Calf muscle oxygenation during exercise in healthy adults. *Clin Kinesiol.* 2010;64(1):8-15.
- Ayyoub Z, Douglas G, Khan M, Carroll B. Neurogenic heterotopic ossification (HO) within the temporomandibular joint (TMJ) in a stroke patient. *Indian J Phys Med Rehabil.* 2009; 20 (2):55-57.
- Adelson D, Lao L, Zhang G, Kim W, Marvizón JC. Substance P release and neurokinin 1 receptor activation in the rat spinal cord increase with the firing frequency of C-fibers. *Neuroscience.* 2009;161(2):538-53.

2008

- Fish DE, Middleton K, Gluzman A. Atypical presentation of osteomyelitis, discitis, epidural, and iliopsoas abscess in diffuse idiopathic skeletal hyperostosis (DISH) syndrome. *Am J Phys Med Rehabil.* 2008;87:960-6.
- Fish DE, Shirazi EP, Pham Q. The use of electromyography to predict functional outcome following transforaminal epidural steroid injections for lumbar radiculopathy. *J Pain.* 2008; 9(1):64-70.
- Marcus DB, Lee PC, Fish DE. Pain precedes computer axial tomography and scintigraphic findings in an osteoporotic vertebral compression fracture: a case report. *Pain Med.* 2008;9:866-70.
- Tremoulet AH, Best BM, Song S, Wang S, Corinaldesi E, Eichenfield JR, Martin DD, Newburger JW, Burns JC. Resistance to intravenous immunoglobulin in children with Kawasaki disease. *J Pediatr.* 2008;153(1):117-21.
- Fung DA, Frey S, Markbreiter L. Bilateral symptomatic snapping biceps femoris tendon due to fibular exostosis. *J Knee Surg.* 2008;21(1):55-7.
- Aragaki D, Huang M, Chen P, Yeung P, Kunkel C, Opava-Rutter D, Scremin AME, Scremin OU. Use of laser Doppler imaging to assess microvascular response to thermal stress. *Fed Practit.* 2008; 25(6):27-35.

Affiliated Institutions for Clinical Rotations

[West Los Angeles Healthcare Center](#)



[Sepulveda Ambulatory Care Center](#)



[Cedars-Sinai Medical Center*](#)



[UCLA Medical Center*](#)



[Children's Hospital Los Angeles*](#)



[Rancho Los Amigos National Rehabilitation Center*](#)



[VA Long Beach Healthcare System](#)



* These links will take you out of the Department of Veterans Affairs Website. The VA does not endorse and is not responsible for the content of the linked websites. The link will open in a new window.

Faculty

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| Dixie Aragaki, M.D. | Director, PM&R Residency Program Associate Professor, Department of Medicine David Geffen School of Medicine at UCLA |
| Quynh Pham, M.D. | Director, Pain Medicine Fellowship Program Associate Director, PM&R Residency Program Associate Professor, Department of Medicine David Geffen School of Medicine at UCLA |
| Prudencio S. Balagatas, D.O. | Staff Psychiatrist |
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| Hyung Kim, M.D. | Staff Psychiatrist Assistant Professor, Department of Medicine David Geffen School of Medicine at UCLA |
| Charles Kunkel, M.D. | Assistant Chief, PM&R Professor, Department of Medicine David Geffen School of Medicine at UCLA |
| Dorene Opava-Rutter, M.D. | Director, GLA Polytrauma |
| Rebecca Ovsiowitz, M.D. | Staff Psychiatrist |
| Sanjog Pangarkar, M.D. | Director, Inpatient/Interventional Pain Service Associate Professor, Department of Medicine David Geffen School of Medicine at UCLA |
| Molgan Saber, M.D. | Staff Psychiatrist |
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| Agnes Wallbom, M.D. | Staff Psychiatrist Associate Professor, Department of Medicine David Geffen School of Medicine at UCLA |
| Milena Zirovich, M.D. | Staff Psychiatrist |

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| Robert Baumhefner, M.D. | Teaching Consultant West LA VAMC Associate Professor, Department of Neurology David Geffen School of Medicine at UCLA |
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| Claudio Carvalho, D.O. | Teaching Consultant PM&R, Musculoskeletal Ultrasound |
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| Marc Darrow, M.D., J.D. | Teaching Consultant PM&R, Joint Rehab Sport Medical Center |
| Lisa Gleason, M.D. | Consultant Physician, PM&R VA Greater Los Angeles HS Santa Maria and SLO VA |
| Theodore Goldstein, M.D. | Teaching Consultant Orthopedic Surgery (Spine) |
| Naghmeh Kerendian, D.O. | Consultant Physician, PM&R VA Greater Los Angeles HS |
| Rajeswari Kumar, M.D. | Consultant Physician, PM&R VA Greater Los Angeles HS |
| Richard Martin, M.D. | Consultant Physician, PM&R VA Greater Los Angeles HS Santa Maria VAMC |
| Sulabha Masih, M.D. | Teaching Consultant Department of Radiology West LA VAMC |
| Lawrence Miller, M.D. | Consultant Physician, PM&R Professor, Department of Medicine David Geffen School of Medicine at UCLA |
| Joseph Miller, Ph.D. | Teaching Consultant, Anatomy Module Assistant Professor, Department of Pathology & Laboratory Medicine David Geffen School of Medicine at UCLA |
| Shahla Modarresi, M.D. | Teaching Consultant Department of Radiology West LA VAMC |
| Anna Okonek, Ph.D. | Staff Psychologist West LA VAMC |
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| Grant Etnyre, M.D. | Associate Professor, David Geffen School of Medicine at UCLA |
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| Alexan Abdel-Malek, M.D. | Kaiser Permanente - West Los Angeles Assistant Clinical Professor, Department of Medicine, David Geffen School of Medicine at UCLA |

| CEDARS-SINAI MEDICAL CENTER | |
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| 8700 Beverly Blvd. Los Angeles, CA 90048 (310) 423-3148 | |
| Richard Riggs, M.D. | Chairman and Medical Director, Department of PM&R |
| Sean Bamshad, MD | Staff Physiatrist |
| Jana Baumgarten, M.D. | Assistant Medical Director |
| Cynthia Mathis, M.D. | Staff Physiatrist |
| Anne Meyer, M.D. | Assistant Director, Department of PM&R |
| Mary Nasmyth, M.D. | Staff Physiatrist |
| Kenith Paresa, M.D. | Staff Physiatrist |
| Jerry Judd Pryde, M.D. | Staff Physiatrist |

| UCLA MEDICAL CENTER | |
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| 10833 Le Conte Ave. Los Angeles, CA 90095 (310)319-3336 | |
| David Fish, M.D., MPH | Assistant Director, Pain Medicine Fellowship Chief, Division of Interventional Physiatry The UCLA Spine Center Associate Professor, Department of Orthopedics David Geffen School of Medicine at UCLA |
| Jae Jung, M.D | Chief, Division of Musculoskeletal Spine Medicine Physical Medicine and Rehabilitation The UCLA Spine Center Assistant Professor, Department of Orthopedics David Geffen School of Medicine at UCLA |
| Perry Shieh, M.D. | Staff Neurologist Program Director, Neuromuscular Fellowship David Geffen School of Medicine at UCLA |

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| CHILDRENS HOSPITAL LOS ANGELES 4650 Sunset Blvd, Mailstop 71 Los Angeles, CA 90027 (323) 361-2935 | |
| Kevan Craig, M.D. | Director, Pediatric Rehabilitation |

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| VA LONG BEACH HEALTHCARE CENTER 5901 E. 7 th Street Long Beach, CA 90822 (562) 826-5701 | |
| Sophia Chun, M.D. | Chief, Spinal Cord Injury Service |
| Lily Chen, D.O. | Long Beach VA SCI |
| Richard Nghiem, M.D. | Long Beach VA SCI |

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| RANCHO LOS AMIGOS NATIONAL REHABILITATION CENTER 7676 E. Imperial Highway Downey, CA 90243 (562) 401-6074 | |
| Ziyad Ayyoub, M.D. | Chief, Adult Brain Injury Service Assistant Clinical Professor, Department of Medicine, Division of PM&R David Geffen School of Medicine at UCLA |
| Michael Scott, M.D. | Chief, Neurotrauma System of Care Chief, Dept of PM&R, RLANRC Assistant Clinical Professor, Department of Medicine, Division of PM&R David Geffen School of Medicine at UCLA |

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| CALIFORNIA PAIN MEDICINE CENTER UCLA 100 Medical Plaza, Suite 760 Los Angeles, CA 90095-7113 (310) 264-7246 | |
| Joshua P. Prager, M.D. | Assistant Professor, Anesthesiology/Pain Management Department of Internal Medicine Department of Anesthesiology David Geffen School of Medicine at UCLA |

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| THE UCLA SPINE CENTER 1245 16th Street, Suite 220 Santa Monica, CA 90404 (310) 319-3336 | |
| David E. Fish, M.D., MPH | Assistant Director, Pain Medicine Fellowship Chief, Division of Interventional Physiatry The UCLA Spine Center Associate Professor, Department of Orthopedics David Geffen School of Medicine at UCLA |

Current Residents

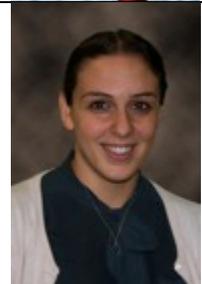
Class of 2016

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|---|---|
|  | <p>Tim Cushing M.D. (Chief Resident) <u>Hometown:</u> Carmel Valley, CA <u>Medical School:</u> Albany Medical College <u>Personal Interests:</u> sports medicine, going on adventures, being outside, traveling, swimming, getting coffee, any sport any time, watching funny cat videos, good food</p> |
|  | <p>Chirag Vora, D.O., M.S. (Chief Resident) <u>Hometown:</u> Seal Beach, CA <u>Medical School:</u> Western University of Health Sciences, College of Osteopathic Medicine of the Pacific <u>Personal Interests:</u> sports, traveling, food, movies, medicine</p> |
|  | <p>Kristine Enverga Cachola, M.D. <u>Hometown:</u> Daly City, CA <u>Medical School:</u> UCSF School of Medicine <u>Personal Interests:</u> baking, spending time with family and friends, going to the movies, Bay Area sports</p> |
|  | <p>Sara Flores, M.D. <u>Hometown:</u> Los Angeles, CA <u>Medical School:</u> Albert Einstein College of Medicine <u>Personal Interests:</u> sports, especially running and soccer</p> |
|  | <p>Michael Givens, M.D. <u>Hometown:</u> Phoenix, Arizona <u>Medical School:</u> David Geffen School of Medicine at UCLA <u>Personal Interests:</u> basketball, soccer</p> |
|  | <p>Ryan H. Lee, M.D. <u>Hometown:</u> Chicago, IL <u>Medical School:</u> Tufts University School of Medicine <u>Personal Interests:</u> volleyball, tennis, movies</p> |

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|  | <p>Jimmy Padilla, M.D. <u>Hometown:</u> Los Angeles, CA <u>Medical School:</u> UCSF School of Medicine <u>Personal Interests:</u> basketball, video games, traveling, gadgets, salsa dancing</p> |
|  | <p>Adam Saby, M.D. <u>Hometown:</u> Huntington Beach, CA <u>Medical School:</u> David Geffen School of Medicine at UCLA <u>Personal Interests:</u> reading graphic novels (e.g. Swamp Thing by Alan Moore), partaking in über-hard charades, attending LA theatre and Mixed Martial Arts/Brazilian Jiu Jitsu-related events, competing in glow-in-the-dark mini-golf</p> |
|  | <p>Radhika Sood, D.O. <u>Hometown:</u> Los Angeles, CA <u>Medical School:</u> Western University of Health Sciences, College of Osteopathic Medicine of the Pacific <u>Personal Interests:</u> yoga, spinning, hiking, cooking</p> |

Class of 2017

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|  | <p>Desi Barroga, M.D. <u>Hometown:</u> Ewa Beach, Hawaii <u>Medical School:</u> University of Hawaii School of Medicine <u>Personal Interests:</u> fitness, nutrition</p> |
|  | <p>Marissa Darling, M.D. <u>Hometown:</u> San Francisco, CA <u>Medical School:</u> David Geffen School of Medicine at UCLA <u>Personal Interests:</u> spending time with family, swimming, cooking</p> |

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|  | <p>Arash Ghaffari, M.D. <u>Hometown:</u> Santa Monica, CA <u>Medical School:</u> Georgetown University School of Medicine <u>Personal Interests:</u> basketball, eating, dancing, hiking, beaching, hanging out friends and family, traveling</p> |
|  | <p>Aliss Markosian, D.O. <u>Hometown:</u> Los Angeles, CA <u>Medical School:</u> Touro University College of Osteopathic Medicine <u>Personal Interests:</u> hiking, spinning, running, basketball, food, fashion, music, traveling</p> |
|  | <p>David Huong Nguyen, M.D. <u>Hometown:</u> Garden Grove, CA <u>Medical School:</u> UC Davis School of Medicine <u>Personal Interests:</u> working out, hiking, sports (football, basketball), food</p> |
|  | <p>Gabriel Rudd-Barnard, M.D. <u>Hometown:</u> Williamsburg, MA <u>Medical School:</u> Drexel University School of Medicine <u>Personal Interests:</u> hanging out with my 2 pups and my wife!</p> |
|  | <p>Kavitha Swaminathan, D.O. <u>Hometown:</u> Northridge, CA <u>Medical School:</u> Western University of Health Sciences, College of Osteopathic Medicine of the Pacific <u>Personal Interests:</u> shopping, tv, food, wine, reading, traveling</p> |

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|  | <p>Lindsay Szafranski, D.O. <u>Hometown:</u> Buffalo, NY <u>Medical School:</u> Western University of Health Sciences, College of Osteopathic Medicine of the Pacific <u>Personal Interests:</u> running, working out, playing soccer, FOOD, coffee, the beach, snowboarding, surfing and discovering LA.</p> |
|  | <p>Richard Zhang, M.D. <u>Hometown:</u> Houston, TX <u>Medical School:</u> University of Texas Southwestern Medical School <u>Personal Interests:</u> traveling, music, food (really only eating. No cooking skills here. Yet.), sports, interior design (not a typo)</p> |

Class of 2018

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|  | <p>Joe Collins, D.O. <u>Hometown:</u> Santa Barbara, CA <u>Medical School:</u> Western University of Health Sciences <u>Personal Interests:</u> My family, surfing, snowboarding, hiking, biking, swimming, soccer, the great outdoors, cooking, and eating.</p> |
|  | <p>Ian Dworkin, M.D. <u>Hometown:</u> Philadelphia, PA <u>Medical School:</u> Jefferson Medical College <u>Personal Interests:</u> Surfing, Running, Snowboarding, Hiking, Photography</p> |
|  | <p>Daniel Estrada, M.D. <u>Hometown:</u> Sacramento, CA <u>Medical School:</u> Columbia University <u>Personal Interests:</u> Outdoor Adventures/Hiking, Road Trips, Music/Singing</p> |

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|---|---|
|  | <p>Juewon Khwarg, M.D. <u>Hometown:</u> Los Angeles, CA <u>Medical School:</u> Case Western Reserve University School of Medicine <u>Personal Interests:</u> Cooking, Cats, Wood-engraving</p> |
|  | <p>Vincent Ma, M.D. <u>Hometown:</u> Shoreline, WA <u>Medical School:</u> Case Western Reserve University School of Medicine <u>Personal Interests:</u> tennis, basketball, aikido, rollerblading with my birds, playing (mostly country) guitar, chess</p> |
|  | <p>Udai Nanda, D.O. <u>Hometown:</u> Phoenix, AZ <u>Medical School:</u> Midwestern University, Arizona College of Osteopathic Medicine <u>Personal Interests:</u> listening to/playing music, devouring food, hiking, sports, friends and family</p> |
|  | <p>Sunny Sharma, M.D. <u>Hometown:</u> Houston, TX <u>Medical School:</u> University of Texas Medical Branch <u>Personal Interests:</u> Basketball, Traveling, Movies, Longhorn Sports (Hook 'Em!), Houston Sports, Chilling with Family and Friends</p> |
|  | <p>John Zheng, D.O. <u>Hometown:</u> Santa Monica, CA <u>Medical School:</u> Arizona College of Osteopathic Medicine <u>Personal Interests:</u> Basketball, comedy, dancing</p> |

How to Apply

Applications

Thank you for your interest in our residency program. Applications are accepted through the Electronic Residency Application Service (ERAS). Please visit www.aamc.org/eras for more information.

Deadline

The deadline for application submission is December 31 each year.

Interviews

Interviews are by invitation only and conducted between October – January. Positions are filled by the National Residency Matching Program (NRMP).

Positions

8 – 9 residency positions are available each year

Completion of Internship Requirement

Applicants are expected to have successfully completed either a preliminary year of medicine or surgery, or a transitional internship prior to the start of our residency program.

Please contact our Education Office at (310) 268-3342 for more information about our training program.

After Residency

We recognize the importance of preparing graduates to handle the demands of academics, fellowships, and private practice. Our recent graduating classes have been evenly split amongst these categories.

Where do our graduates end up?

- VA Greater Los Angeles Healthcare System/ UCLA Pain Medicine Fellowship
- Kaiser Permanente Medical Group (Southern California/ Northern California)
- UCLA faculty
- Cedars-Sinai faculty
- West Los Angeles VA faculty
- Stanford University Pain Fellowship
- UC Davis Sports Medicine Fellowship
- Johns Hopkins University Sport Medicine Fellowship
- Harvard-Spaulding Spine Fellowship
- Private practice in Los Angeles, Miami, New York, Georgia, San Francisco, etc....
- And many other programs, places and practices...

Pain Medicine Fellowship

Since its inception in 2001, the Pain Medicine Fellowship has received full ACGME accreditation and shares both resources and faculty with the PM&R Residency Program. This 12-month program trains 4 fellows each year, providing them with a wide diversity of experience in both outpatient and inpatient settings with a multidisciplinary approach to comprehensive pain management. Working alongside Psychiatrists, Anesthesiologists, Neurologists, Pediatricians, Psychiatrists and Psychologists, there is substantial training in interventional pain procedures and minor surgical procedures (Pumps and Stimulators). In addition to general musculoskeletal pain disorders, fellows have great exposure to headache and facial pain, palliative and cancer pain, as well as pediatric pain issues. Please see [below](#) for a sample schedule of our pain lecture series.

For additional information about the VA Greater Los Angeles Healthcare System/ UCLA multi-campus fellowship in Pain Medicine and the application process, please click [here](#) to be directed to the website. *

* This link will take you outside of the Department of Veterans Affairs Website. The VA does not endorse and is not responsible for the content of the linked websites. The link will open in a new window.

2015-2016 GLA VAHS PAIN LECTURE SERIES 8:00 - 9:00 a.m. (Wednesdays)

| Date | 2015 | Topic | Presented by |
|----------------------|------|---|--|
| July 1 | | New House Staff Orientation | Quynh Pham, MD |
| July 8 | | Physiology of Pain | Sanjog Pangarkar, MD |
| July 15 | | Overview of Pharmacology: NSAIDs & Opioids | Sanjog Pangarkar, MD |
| July 22 (#1277) | | Acute Pain Management/Patient Controlled Analgesia | Sanjog Pangarkar, MD |
| July 29 | | Chronic Pain Management | Quynh Pham, MD |
| August 5 | | Urine Drug Screen and Confirmation | Dr. Jameel Z. Iqbal |
| August 12 | | Neuropathic Pain Management | Dr. Van Vort |
| August 19 | | System based practice: encounters | Quynh Pham, MD |
| August 26 (#1277) | | Evaluation and Management of Shoulder Pain | Dixie Aragaki, MD |
| September 2 | | Evaluation and Management of Knee Pain | Milena Zirovich, MD |
| September 9 | | Evaluation and Management of Low Back Pain | Sanjog Pangarkar, MD |
| September 16 | | Evaluation and Management of Hip Pain | Hyung Kim, MD |
| September 23 (#1277) | | Effective Communication Approaches in Pain Management | Katherine Bailey, PhD. Morgan Kay, PhD |
| September 30 | | Psychological management of pain: CBT | Lamees Khorshid, PsyD, BCB, BCN |
| October 7 | | Psychological management of pain: biofeedback | Lamees Khorshid, PsyD, BCB, BCN |
| October 14 | | Ethnic Differences in Spine and Pain Management | Milena Zirovich, MD |
| October 21 | | Cancer Rehabilitation / Palliative Care | Arash Asher, MD |
| October 28 (#1277) | | Fellow Presentation | Pain Fellow |
| November 4 | | Advanced Topics in Opioid Management of Chronic Pain | Steven Richeimer, MD |
| November 11 | | Holiday | |
| November 18 | | Geriatric Pain Management | Dixie Aragaki MD |
| November 25 (#1277) | | Fellow M&M Presentation/Journal Club | Pain Fellow |
| December 2 | | Chiropractic Care for Pain Management | Valerie Johnson, DC and Robb Russell, DC |
| December 9 | | Spinal Cord Stimulator | Reza Mahrou MD |
| December 16 | | Intrathecal Pump Hands-on Tutorial Session (start at 7:30am, 1 to 1.5 hr program) | Nick Kutney, Medtronic rep. |
| December 23 (#1277) | | Fellow Presentation | Pain Fellow |

| Date | 2016 | Topic | Presented by |
|---------------------|------|---|----------------------------|
| December 30 | | Fellow M&M Presentation/Journal Club | Pain Fellow |
| January 6 | | Pre-Surgical Psychological Screening | Marilyn Jacobs, PhD |
| January 13 | | Spinal Surgery Treatment | Jean-Philippe Langevin, MD |
| January 20 | | Complimentary Alternative Medicine for Pain: Acupuncture for Musculoskeletal Pain | Dr. Hyung Kim |
| January 27 (#1277) | | Fellow Presentation | Pain Fellow |
| February 3 | | Ketamine for Pain Management | Dr. Pangarkar |
| February 10 | | Practice Management | Danial Alves, MD |
| February 17 | | Pediatric Pain | Quynh Pham, MD |
| February 24 (#1277) | | Fellow M&M Presentation/Journal Club | Pain Fellow |
| March 2 | | Complex Regional Pain Syndrome | Joshua Prager, MD |
| March 9 (#1277) | | UCLA Med Student Teaching | Quynh Pham, MD |
| March 16 (#1277) | | UCLA Med Student Teaching | Quynh Pham, MD |
| March 23 (#1277) | | UCLA Med Student Teaching | Quynh Pham, MD |
| March 30 (#1277) | | UCLA Med Student Teaching | Quynh Pham, MD |
| April 6 (#1277) | | UCLA Med Student Teaching | Quynh Pham, MD |
| April 13 | | Use of botulinum toxin in management of headache | Milena Zirovich, MD |
| April 20 (#1277) | | Fellow Presentation | Pain Fellow |
| April 27 | | Regional Anesthesia – The Basics | Harkirat Chahal, MD |
| May 4 | | Orofacial Pain | Robert Merrill, DDS |
| May 11 | | Male Pelvic Pain | Scott Zeitlin, MD |
| May 18 | | Female Pelvic Pain / Myofascial Pain from GYN Perspective | Andrea Rapkin MD |
| May 25 (#1277) | | Fellow M&M Presentation/Journal Club | Pain Fellow |
| June 1 | | Platelet Rich Plasma and Bone Marrow Concentrate Injections | Beny Charchian, MD,MS |
| June 8 | | Chronic Abdominal Pain | Dr. Jonathan Kaunitz |
| June 15 | | Complimentary Alternative Medicine for Pain: Hypnotherapy | Bruce Bonnett |
| June 22 (#1277) | | Fellow M&M Presentation/Journal Club | Pain Fellow |
| June 29 (#1277) | | Breakfast Celebration | Pain Team |

Medical Student Clerkships

Fourth year medical students are invited to participate in a 3-4 week elective rotation to gain exposure to inpatient acute rehabilitation services, outpatient PM&R and subspecialty clinics, as well as comprehensive pain management experience. We highly encourage you to first contact our Education Office at (310) 268-3342 to check on course availability. Non-UCLA students should complete the application requirements found in the link below, then send the required items to our [PM&R Education Office](#).

Information regarding available PM&R electives can be found within the Elective Course Manual (<http://www.medstudent.ucla.edu/visitingstudents> *)

Available PM&R Electives:

- ME254.01 PM&R, WLA VA
- ME254.02 PM&R, Sepulveda VA
- ME298.01 Comprehensive Pain management, WLA VA

Additionally, you may also consider the following:

- ME254.03 PM&R, Cedars-Sinai Hospital
- MD254.01 Non-Operative Musculoskeletal & Spine Pain Management, UCLA
- MD295.01 Comprehensive Spine and Pain, UCLA

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Living in Los Angeles



Welcome to Los Angeles!

Here is a little bit about the city and its various neighborhoods in which our residents live.

Fun Facts about LA:

Population: 3,792,621 (from 2010 Census)

Avg Annual Rainfall: 14 in/ 36 cm

Avg January Temp: 57 °F/ 14 °C

Avg July Temp: 72 °F/ 22 °C

Where do our residents live?

Santa Monica

Brentwood

Westwood

Los Angeles

Culver City

Venice Beach

Marina Del Rey

Pasadena

Our residents are made up of a mix of native Angelenos as well as out-of-staters. We bring together a diverse background and set of interests, which we hope you'll ask us about when you come for a visit.

Los Angeles offers cultural experiences including numerous ethnic neighborhoods, museums, live theatre, along with music and sports venues. Not a weekend will go by without some part of the city waiting to be explored. Los Angeles is also a fantastic location for outdoor activities including: surfing, hiking, biking, and just a few hours away is some of the best skiing in California.

Here's what our residents have to say about Los Angeles:

"The Hollywood Bowl in the summer is amazing: picnics, outdoor concerts, and sometimes fireworks too!" – L.J.

"I love the culinary culture, whether it's gourmet restaurants or tea shops." – A.C.

"I love running on Santa Monica beach at night, looking at the vibrant designs on the Ferris wheel, and feeling the cool ocean breeze melt away the worries of a stressful day." – D.C.

"I live in Little Osaka, which is close to work and home to some of LA's best ramen like Tsujita, clothing stores like BlackMarket, and shaved ice from Blockheads" – R.L.

"Socially, there are hundreds of bars (untz untz untz) to explore along the coast, Hollywood, Pasadena, and Sunset strip. There's also the Downtown LA free summer concerts, Santa Monica free concerts, Rose Bowl fireworks, bike rides, and chillin' at the beach." – J.P.

"I love picnicking with friends while watching summertime movies at the Hollywood Cemetery. I also hang out in Venice where my favorite local spots are Gjelina for food and Satine for splurge shopping." – S.O.

"I love going to Lakers games. Plus, any night of the week you can salsa dance in LA-- Zanzibar on Mondays and Grenada on Fridays!" – P.L.

"There are 3 coffee shops, 3 yogurt shops, and at least 10 restaurants within a 5 minute walk from my door- who says you always have to drive everywhere in LA?" – K.C.

"On most weekend mornings, I'm dodging bicyclists and dog droppings while running along Ballona Creek. When I'm not there, I'm usually exploring all the different neighborhoods LA has to offer like Culver City, K-Town, Silver Lake, SGV and Old Town Pasadena." – D.L.

Contact Information

Department of Physical Medicine and Rehabilitation
Education Office
11301 Wilshire Blvd (W117)
Los Angeles, CA 90073

Tel: (310) 268-3342