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 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 300 physiatrists and has been dedicated to providing quality patient care.

VA GLA is CARF-Accredited (in Stroke, Inpatient Rehabilitation, Amputee Rehab, Vocational Rehab, and Pain Medicine) and our PM&R training programs are fully accredited by the Accreditation Council for Graduate Medical Education (ACGME). We 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, California Rehabilitation Institute, 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

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<tr>
<th>Time</th>
<th>Monday</th>
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<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>8AM-9AM</td>
<td>Lecture</td>
<td>Lecture</td>
<td>Pain Lecture</td>
<td>Lecture</td>
<td>Lecture</td>
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<tr>
<td>9AM-NOON</td>
<td>EMG/NCS</td>
<td>General Outpatient</td>
<td>Pain Clinic</td>
<td>EMG/NCS</td>
<td>General Outpatient</td>
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<tr>
<td>1PM-5PM</td>
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<td>Didactics</td>
<td>Pain Clinic</td>
<td>Pain Clinic/EMG</td>
<td>General Outpatient</td>
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Sample Inpatient Week at West Los Angeles VA

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<td>Lecture</td>
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<td>9AM-NOON</td>
<td>Continuity Clinic</td>
<td>Inpatient</td>
<td>Team Meeting</td>
<td>Amputee Clinic</td>
<td>Inpatient</td>
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<tr>
<td>1PM-5PM</td>
<td>Inpatient</td>
<td>Didactics</td>
<td>Inpatient</td>
<td>Inpatient</td>
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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 (2016-17; 2019-20)
- Geriatric Rehabilitation (2016-17; 2019-20)
- Neuromuscular Disorders (2016-17; 2019-20)
- Rheumatologic and Connective Tissue Diseases (2016-17; 2019-20)
- Modalities and Therapeutic Exercises (2016-17; 2019-20)
- Spinal Cord Injury (2017-18; 2020-21)
- Degenerative Spine Disorders (2017-18; 2020-21)
- Musculoskeletal/Sports (2017-18; 2020-21)
- Pediatric Rehabilitation (2017-18; 2020-21)
- Cardiopulmonary, Cancer Rehab (2017-18; 2020-21)
- Traumatic Brain Injury (2018-19; 2021-22)
- Central Nervous System Disorders (2018-19; 2021-22)
- Industrial Rehabilitation (2018-19; 2021-22)
- Pain Management (2018-19; 2021-22)
- 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. **REPRIENT 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:

2017


2016


2013
Woojae Kim, Eric Y. Chang, Beny Charchian, Li-Jung Liang, Armen J. Dumas, Hyung Kim, Mario Perez, Hilarv 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


2012


2011


2010


2009


2008


Affiliated Institutions for Clinical Rotations

- West Los Angeles Healthcare Center
- Sepulveda Ambulatory Care Center
- California Rehabilitation Institute*
- 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

## VA GREATER LOS ANGELES HEALTHCARE SYSTEM

**West Los Angeles VA Healthcare Center**  
Physical Medicine and Rehabilitation Service (117)  
11301 Wilshire Blvd.  
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(310) 478-3711

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<td>Charles F. Kunkel, M.D.</td>
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<td>Dixie Aragaki, M.D.</td>
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<td>Babak Darvish, M.D.</td>
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<td>Armen Dumas, M.D.</td>
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<td>Sharon Gohari, M.D.</td>
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<td>Hyung Kim, M.D.</td>
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<td>Dorene Opava-Rutter, M.D.</td>
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<td>Resa Oshiro, M.D.</td>
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<td>Rebecca Ovsiowitz, M.D.</td>
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<td>Edward Pang, D.O.</td>
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<td>Moigan Saber, M.D.</td>
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<td>Mike Tran, M.D.</td>
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<td>Agnes Wallbom, M.D.</td>
<td>Staff Physiatrist Associate Professor, Department of Medicine</td>
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<tr>
<td>Milena Zirovich, M.D.</td>
<td>Staff Physiatrist</td>
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<td>Assistant Professor, Department of Medicine</td>
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<td>David Geffen School of Medicine at UCLA</td>
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**CONSULTANTS:**

<table>
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<tr>
<th>Name</th>
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<tr>
<td>Robert Baumhefner, M.D.</td>
<td>Teaching Consultant, West LA VAMC</td>
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<td></td>
<td>Associate Professor, Department of Neurology</td>
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<td>David Geffen School of Medicine at UCLA</td>
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<tr>
<td>Samuel Braitman, M.D.</td>
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<td>Assistant Professor, Department of Medicine</td>
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<td>David Geffen School of Medicine at UCLA</td>
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<td>Claudio Carvalho, D.O.</td>
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<td></td>
<td>Musculoskeletal Ultrasound</td>
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<td>Marissa Chang, M.D.</td>
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<td>West LA VAMC</td>
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<tr>
<td>Marc Darrow, M.D., J.D.</td>
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<td>Joint Rehab Sport Medical Center</td>
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<tr>
<td>Robert Galbraith, M.D.</td>
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<td>VA Greater Los Angeles HS</td>
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<tr>
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<td>VA Greater Los Angeles HS</td>
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<tr>
<td>Sulabha Masih, M.D.</td>
<td>Teaching Consultant, Radiology</td>
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<td>West LA VAMC</td>
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<tr>
<td>Lawrence Miller, M.D.</td>
<td>Consultant Physician, PM&amp;R</td>
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<td></td>
<td>Professor, Department of Medicine</td>
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<td>David Geffen School of Medicine at UCLA</td>
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<tr>
<td>Joseph Miller, Ph.D.</td>
<td>Teaching Consultant, Anatomy Module</td>
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<td></td>
<td>Assistant Professor, Department of Pathology &amp; Laboratory Medicine</td>
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<td>David Geffen School of Medicine at UCLA</td>
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<tr>
<td>Shahla Modarresi, M.D.</td>
<td>Teaching Consultant, Radiology</td>
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<td>Perry Shieh, M.D.</td>
<td>Consultant Physician, Neurology</td>
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<td>Assistant Clinical Professor</td>
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<td>Department of Neurology</td>
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<td>Walter Van Vort, M.D.</td>
<td>Consultant Physician, Psychiatry &amp; Acupuncture</td>
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<tr>
<td>Mauro Zappaterra, M.D.</td>
<td>Consultant Physician, PM&amp;R</td>
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**SEPULVEDA VA AMBULATORY HEALTHCARE CENTER**

Physical Medicine & Rehabilitation Service (117)
16111 Plummer Street
Sepulveda, CA 91343
(818) 891-7711

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<tbody>
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<td>Alberto Miranda, M.D.</td>
<td>Associate Professor, David Geffen School of Medicine at UCLA</td>
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<tr>
<td>Anne Nastasi, M.D.</td>
<td>Chief, Spinal Cord Injury Service</td>
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<td></td>
<td>Associate Professor, David Geffen School of Medicine at UCLA</td>
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<tr>
<td>Alexan Abdel-Malek, M.D.</td>
<td>Kaiser Permanente - West Los Angeles</td>
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<td></td>
<td>Assistant Clinical Professor, Department of Medicine</td>
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<td>David Geffen School of Medicine at UCLA</td>
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2070 Century Park East
Los Angeles, CA 90067
(424) 522-7100

Scott T. Rotsted  Chief Executive Officer
Bruce Gans, MD  President, California Rehabilitation Institute Medical Group
David N. Alexander, M.D.  Medical Director
Richard Riggs, M.D.  Chief Medical Strategy Officer and Chief of Staff
Mary Nasmyth, M.D.  Associate Medical Director
Jana Baumgarten, M.D.  Staff Physiatrist
Christopher Boudakan, D.O.  Staff Physiatrist
Julia Bryson, M.D.  Staff Physiatrist
Timothy Cushing, M.D.  Staff Physiatrist
Srikanth Rao, D.O.  Staff Physiatrist
Kavitha Swaminathan, D.O.  Staff Physiatrist
David Turk, M.D.  Staff Physiatrist

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10833 Le Conte Ave.
Los Angeles, CA 90095
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David Fish, M.D., MPH  Assistant Director, Pain Medicine Fellowship
Chief, Division of Interventional Physiatry
The UCLA Spine Center
Professor, Department of Orthopedics
David Geffen School of Medicine at UCLA

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Assistant Professor, Department of Orthopedics
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Program Director, Neuromuscular Fellowship
David Geffen School of Medicine at UCLA

CHILDRENS HOSPITAL LOS ANGELES
4650 Sunset Blvd, Mailstop 71
Los Angeles, CA 90027
(323) 361-2935

Kevan Craig, M.D.  Director, Pediatric Rehabilitation
| **VA LONG BEACH HEALTHCARE CENTER** | 5901 E. 7th Street  
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<tr>
<td>Lily Chen, D.O.</td>
<td>Director, Spinal Cord Injury Rehab Programs</td>
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<tr>
<td>Hung Tan Nguyen, M.D.</td>
<td>Chief, Spinal Cord Injury/Disease HCG</td>
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<tr>
<td>Alice Hon, M.D.</td>
<td>PM&amp;R Residency Site Co-Director</td>
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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  
Associate 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  
Associate Clinical Professor, Department of Medicine,  
Division of PM&R  
David Geffen School of Medicine at UCLA |

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

| **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  
Professor, Department of Orthopedics  
David Geffen School of Medicine at UCLA |
Current Residents

Class of 2018

Sunny Sharma, M.D. (Chief Resident)
Hometown: Houston, TX
Medical School: University of Texas Medical Branch
Intern Year: University of Texas at Austin
Personal Interests: Basketball, Traveling, Movies, Longhorn Sports (Hook 'Em!), Houston Sports, Chilling with Family and Friends

Ian Dworkin, M.D. (Chief Resident)
Hometown: Philadelphia, PA
Medical School: Jefferson Medical College
Intern Year: Pennsylvania Hospital Medicine Prelim
Personal Interests: Surfing, Running, Snowboarding, Hiking, Photography

Joe Collins, D.O.
Hometown: Santa Ynez, CA
Medical School: Western University of Health Sciences
Intern Year: Arrowhead Regional Medical Center Transitional Year
Personal Interests: My family, surfing, snowboarding, hiking, biking, swimming, soccer, the great outdoors, cooking, and eating.

Daniel Estrada, M.D.
Hometown: Sacramento, CA
Medical School: Columbia University
Intern Year: Einstein Medical Center, Palm Springs, CA
Personal Interests: Outdoor Adventures/Hiking, Road Trips, Music/Singing

Juewon Khwarg, M.D.
Hometown: Los Angeles, CA
Medical School: Case Western Reserve University School of Medicine
Intern Year: Summa Akron City Hospital
Personal Interests: Cooking, Cats, Wood-engraving
Vincent Ma, M.D.
Hometown: Shoreline, WA
Medical School: Case Western Reserve University School of Medicine
Intern year: University Hospitals Case Medical Center, Cleveland OH
Personal Interests: tennis, basketball, aikido, rollerblading with my birds, playing (mostly country) guitar, chess

Udai Nanda, D.O.
Hometown: Phoenix, AZ
Medical School: Midwestern University, Arizona College of Osteopathic Medicine
Intern Year: Maricopa Medical Center in Phoenix, AZ
Personal Interests: listening to/playing music, devouring food, hiking, sports, friends and family

John Zheng, D.O.
Hometown: Santa Monica, CA
Medical School: Arizona College of Osteopathic Medicine
Intern year: UCSF Fresno
Personal Interests: Basketball, comedy, dancing

Class of 2019

Lynn Chang, D.O.
Hometown: Liverpool, England
Medical School: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific
Intern Year: UCSF-Fresno
Personal Interests: Spending time with my family, exploring new cultures and food, traveling, playing table tennis and watching Liverpool F.C. (the best football team in the world).

Alexander Ghatan, D.O.
Hometown: Woodland Hills, CA
Medical School: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific
Intern Year: Harbor UCLA Preliminary Surgical Year
Personal Interests: Traveling, outdoor activities, cooking, spending time with friends/family, research, teaching, regenerative medicine
Kunal Kamboj, D.O.
Hometown: Anaheim, CA
Medical School: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific
Intern Year: Kaweah Delta Medical Center - Transitional Year
Personal Interests: Strength training, film, history, A Song of Ice and Fire series

Anthony Leung, D.O. MPH
Hometown: Arcadia, CA
Medical School: Philadelphia College of Osteopathic Medicine
Intern Year: St. Mary’s Medical Center/UCLA
Personal Interests: Sports (especially basketball and golf), eating, traveling, spending time with family and friends

Christina Manh, M.D.
Hometown: Huntington Beach, CA
Medical School: University of Southern California Medical School
Intern Year: Huntington Hospital, Pasadena, CA
Personal Interests: Food, traveling, snowboarding, and all things Disney

Johnel Mayberry, M.D.
Hometown: Chicago, IL
Medical School: University of Illinois at Chicago College of Medicine
Intern Year: Advocate Illinois Masonic Medical Center
Personal Interests: Family, Health/Fitness/Nutrition, Sports, SciFi Tv, Star Wars

Kim Vu, M.D.
Hometown: Riverside, CA
Medical School: David Geffen School of Medicine at UCLA
Intern Year: Olive View - UCLA Medical Center
Personal Interests: Baking, sleeping

Kyle Yang, M.D.
Hometown: Santa Monica, CA
Medical School: UC Davis School of Medicine
Intern Year: Santa Clara Valley
Personal Interests: Kids, sports (playing and watching), poker
Class of 2020

**Kevin Diaz, M.D.**
*Hometown:* Valencia, CA  
*Medical School:* UC Davis School of Medicine  
*Intern Year:* California Pacific Medical Center, San Francisco CA  
*Personal Interests:* Golf, snowboarding and basically anything else you go fast on/in or chase a ball in

**Engenie Hong, D.O.**
*Hometown:* Upland, CA  
*Medical School:* Kansas City University of Medicine and Biosciences  
*Intern Year:* Plainview Hospital (Northwell Health)  
*Personal Interests:* Running, fantasy football/basketball, discovering new eats in LA, munching on hot cheetos, playing with my mini poodle April

**Jason Kajbaf, D.O.**
*Hometown:* Walnut, CA  
*Medical School:* Western University of Health Sciences, College of Osteopathic Medicine of the Pacific  
*Intern Year:* UCR/Riverside Community Hospital-internal medicine preliminary year  
*Personal Interests:* Traveling, Movies, Football (Go Bruins!), Basketball, Hiking, and Disneyland!

**Jeremy Lou, M.D.**
*Hometown:* Redlands, CA  
*Medical School:* David Geffen School of Medicine at UCLA  
*Intern Year:* Wayne State University (Detroit, Michigan)  
*Personal Interests:* Wushu, cheesy Kung Fu movies, music, food, gym, sleeping in on my golden weekends, and of course PM&R!!

**Ken Makowsky, M.D.**
*Hometown:* 29 Palms, CA  
*Medical School:* Albany Medical College  
*Intern Year:* Albany Medical Center  
*Personal Interests:* Family, sports, board games
Andrew Phillips, M.D.
Hometown: Dallas, TX
Medical School: Temple University School of Medicine
Intern Year: Lehigh Valley Health Network in Allentown, PA
Personal Interests: Weightlifting, swimming, running, exploring new restaurants and bars, skiing, loving life!

Matthew Robinson, D.O.
Hometown: Fairfield, CA
Medical School: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific
Intern Year: Kaweah Delta Medical Center - Transitional Year
Personal Interests: Disney, theme parks, movies, running

Nirvi Shah, D.O.
Hometown: Orange County, CA
Medical School: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific
Intern Year: Plainview Hospital, Northwell Health System
Personal Interests: Dance, Fashion & Being Friends with Everyone (or did you mean PM&R interests? - then it would be SCI, TBI and ARU)

Tiffany Su, M.D.
Hometown: San Marino, CA
Medical School: SUNY Downstate Medical Center in Brooklyn
Intern Year: Alameda Health System-Highland Hospital, Oakland
Personal Interests: Running long distances, hiking mountains, learning about the next big tech startups, reading the NY Times, listening to Pod Save America podcasts

Pain Fellows

Pavl Demián, D.O.
Hometown: Alexandria, Egypt ➔ East Brunswick, NJ
Medical School: Medical school-Rowan school of osteopathic medicine
Intern year-Christ hospital Jersey City NJ
Residency- Rutgers NJMS/Kessler
Personal interests- family, friends, soccer
Long Le, M.D.
Hometown: Houston, TX
Medical School: Baylor College of Medicine
Intern Year: Baylor College of Medicine Preliminary Surgery Intern Year
Residency: Baylor Houston College of Medicine
Personal Interests: Soccer, basketball, tennis, traveling, hanging out with friends

David Huong Nguyen, M.D.
Hometown: Garden Grove, CA
Medical School: UC Davis School of Medicine
Intern Year: Santa Clara Valley
Residency: UCLA/VA GLA
Personal Interests: working out, hiking, sports (football, basketball), food

Gabriel Rudd-Barnard, M.D.
Hometown: Williamsburg, MA
Medical School: Drexel University School of Medicine
Intern Year: University of California, Irvine
Residency: UCLA/VA GLA
Personal Interests: hanging out with my 2 pups and my wife!

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 or our Resident-led Student/Community Outreach (SCOOut) committee at UCLARehab@gmail.com 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 faculty and vast alumni network serve as strong advocates and important bridges to many career opportunities. Graduates of the PM&R Residency and Pain Medicine Fellowship Programs have enjoyed 100% job placement and success upon training completion for many consecutive years.

Where do our graduates end up?

- VA Greater Los Angeles Healthcare System/ UCLA Pain Medicine Fellowship
- Kaiser Permanente Medical Group (Southern California/ Northern California) PM&R, Occupational Medicine
- Spine Fellowship
- UCLA faculty
- Cedars-Sinai / California Rehabilitation Institute faculty
- West Los Angeles VA faculty
- UCSF Fresno Palliative Care/Hospice Fellowship
- UCSD /Scripps Health Palliative Care/Hospice Fellowship
- Stanford University Pain Fellowship
- UC Davis Sports Medicine Fellowship
- MD Anderson Cancer Rehab Fellowship
- Johns Hopkins University Sport Medicine Fellowship and Pediatric Rehabilitation Fellowship
- Harvard-Spaulding Spine Fellowship
- Private practice in Los Angeles, New York, Texas, New Jersey, 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 Physiatrists, 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.
<table>
<thead>
<tr>
<th>Date</th>
<th>2017</th>
<th>Topic</th>
<th>Presented by</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 5</td>
<td></td>
<td>Overview of the pain service</td>
<td>Quynh Pham, MD</td>
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<tr>
<td>July 12</td>
<td></td>
<td>Physiology of Pain</td>
<td>Sanjog Pangarkar, MD</td>
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<tr>
<td>July 19</td>
<td></td>
<td>Acute Pain Management/Patient Controlled Analgesia</td>
<td>Sanjog Pangarkar, MD</td>
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<tr>
<td>July 26 (#1277)</td>
<td></td>
<td>Overview of Pharmacology: NSAIDs &amp; Opioids</td>
<td>Hyung Kim, MD</td>
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<td>August 2</td>
<td></td>
<td>Chronic Pain Management</td>
<td>Quynh Pham, MD</td>
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<tr>
<td>August 9</td>
<td></td>
<td>Evaluation and Management of Low Back Pain</td>
<td>Sanjog Pangarkar, MD</td>
</tr>
<tr>
<td>August 16</td>
<td></td>
<td>Evaluation and Management of Knee Pain</td>
<td>Milena Zirovich, MD</td>
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<tr>
<td>August 23</td>
<td></td>
<td>Neuropathic Pain Management</td>
<td>Dr. Van Vort</td>
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<tr>
<td>August 23</td>
<td></td>
<td>System based practice: encounters</td>
<td>Quynh Pham, MD</td>
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<tr>
<td>August 30</td>
<td></td>
<td>Evaluation and Management of Hip Pain</td>
<td>Hyung Kim, MD, Matthew Brown, medical student</td>
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<tr>
<td>September 6</td>
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<td>CBT for chronic pain management</td>
<td>Katherine Bailey, PhD</td>
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<tr>
<td>September 13</td>
<td></td>
<td>Evaluation and Management of Shoulder Pain</td>
<td>Dixie Aragaki, MD</td>
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<tr>
<td>September 20</td>
<td></td>
<td>VA Opiate Safety Initiative</td>
<td>Kamonica L. Craig, PharmD, BCPP</td>
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<tr>
<td>September 27</td>
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<td>System based practice: encounters</td>
<td>Quynh Pham, MD</td>
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<tr>
<td>October 4</td>
<td></td>
<td>Cancer Rehabilitation</td>
<td>Arash Asher, MD</td>
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<tr>
<td>October 11</td>
<td></td>
<td>Use of botulinum toxin in management of headache</td>
<td>Milena Zirovich, MD</td>
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<tr>
<td>October 18</td>
<td></td>
<td>No lecture (residents and fellows at meeting)</td>
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<tr>
<td>October 25</td>
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<td>Fellow Presentation: overview of muscle relaxants for low back pain</td>
<td>Pain Fellow</td>
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<tr>
<td>November 1</td>
<td></td>
<td>Difficult Discussions in Chronic Pain</td>
<td>Morgan Kay, PhD</td>
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<tr>
<td>November 8</td>
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<td>Advanced Topics in Opioid Management of Chronic Pain</td>
<td>Steven Richeimer, MD</td>
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<tr>
<td>November 15</td>
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<td>Geriatric Pain Management</td>
<td>Dixie Aragaki MD</td>
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<td>November 22(#1277)</td>
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<td>Fellow Presentation</td>
<td>Pain Fellow</td>
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<tr>
<td>November 22(#1277)</td>
<td></td>
<td>Palliative Care</td>
<td>Eric E. Prommer, MD</td>
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<tr>
<td>December 6</td>
<td></td>
<td>Chiropractic Care for Pain Management</td>
<td>Valerie Johnson, DC and Robb Russell, DC</td>
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<tr>
<td>December 13</td>
<td></td>
<td>Spinal Cord Stimulator</td>
<td>Reza Mahrou MD</td>
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<tr>
<td>December 20</td>
<td></td>
<td>Intrathecal Pump Hands-on Tutorial Session</td>
<td>Nick Kutney, Medtronic rep.</td>
</tr>
<tr>
<td>December 27</td>
<td></td>
<td>Fellow M&amp;M Presentation/Journal Club</td>
<td>Pain Fellow</td>
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<tr>
<td>Date</td>
<td>2018</td>
<td>Topic</td>
<td>Presented by</td>
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<td>January 3</td>
<td>2018</td>
<td>Complimentary Alternative Medicine for Pain: Acupuncture for Musculoskeletal Pain</td>
<td>David Seto, MD</td>
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<tr>
<td>January 10</td>
<td>2018</td>
<td>Spinal Surgery Treatment</td>
<td>Don Park, MD</td>
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<tr>
<td>January 17</td>
<td>2018</td>
<td>Pediatric Pain</td>
<td>Quynh Pham, MD</td>
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<td>January 24</td>
<td>(#1277)</td>
<td>Fellow Presentation</td>
<td>Pain Fellow</td>
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<td>January 31</td>
<td>2018</td>
<td>Pre-Surgical Psychological Screening</td>
<td>Marilyn Jacobs, PhD</td>
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<tr>
<td>February 7</td>
<td>2018</td>
<td>Fellow M&amp;M Presentation/Journal Club</td>
<td>Pain Fellow</td>
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<tr>
<td>February 14</td>
<td>2018</td>
<td>Ketamine for Pain Management</td>
<td>Dr. Pangarkar</td>
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<tr>
<td>February 21</td>
<td>2018</td>
<td>Practice Management</td>
<td>Danial Alves, MD</td>
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<tr>
<td>February 28(#1277)</td>
<td>2018</td>
<td>Fellow M&amp;M Presentation/Journal Club</td>
<td>Pain Fellow</td>
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<tr>
<td>March 7    (#1277)</td>
<td>2018</td>
<td>UCLA Med Student Teaching</td>
<td>Quynh Pham, MD</td>
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<tr>
<td>March 14   (#1277)</td>
<td>2018</td>
<td>UCLA Med Student Teaching</td>
<td>Quynh Pham, MD</td>
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<td>March 21   (#1277)</td>
<td>2018</td>
<td>UCLA Med Student Teaching</td>
<td>Quynh Pham, MD</td>
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<tr>
<td>March 28   (#1277)</td>
<td>2018</td>
<td>UCLA Med Student Teaching</td>
<td>Quynh Pham, MD</td>
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<td>April 4    (#1277)</td>
<td>2018</td>
<td>UCLA Med Student Teaching</td>
<td>Quynh Pham, MD</td>
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<tr>
<td>April 11</td>
<td>2018</td>
<td>Complex Regional Pain Syndrome</td>
<td>Joshua Prager, MD</td>
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<tr>
<td>April 18</td>
<td>2018</td>
<td>Ethnic Differences in Pain Management</td>
<td>Milena Zirovich, MD</td>
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<td>April 25   (#1277)</td>
<td>2018</td>
<td>Fellow Presentation</td>
<td>Pain Fellow</td>
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<tr>
<td>May 2</td>
<td>2018</td>
<td>Regional Anesthesia – The Basics</td>
<td>Harkirat Chahal, MD</td>
</tr>
<tr>
<td>May 9</td>
<td>2018</td>
<td>Orofacial Pain</td>
<td>Robert Merrill, DDS</td>
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<td>May 16</td>
<td>2018</td>
<td>Male Pelvic Pain</td>
<td>Scott Zeitlin, MD</td>
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<td>May 23     (#1277)</td>
<td>2018</td>
<td>Fellow M&amp;M Presentation/Journal Club</td>
<td>Pain Fellow</td>
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<tr>
<td>May 30</td>
<td>2018</td>
<td>Female Pelvic Pain / Myofascial Pain from GYN Perspective</td>
<td>Andrea Rapkin MD</td>
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<tr>
<td>June 6</td>
<td>2018</td>
<td>Platelet Rich Plasma and Bone Marrow Concentrate Injections</td>
<td>TBD</td>
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<td>June 13</td>
<td>2018</td>
<td>Chronic Abdominal Pain</td>
<td>Dr. Jonathan Kaunitz</td>
</tr>
<tr>
<td>June 20</td>
<td>2018</td>
<td>Breakfast Celebration</td>
<td>Pain Team</td>
</tr>
<tr>
<td>June 27    (#1277)</td>
<td>2018</td>
<td>Breakfast Celebration</td>
<td>Pain Team</td>
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</tbody>
</table>
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. Currently, VA GLA electives are restricted to UCLA medical students. We highly encourage you to first contact our Education Office at (310) 268-3342 to check on course availability.

Affiliated institutions such as California Rehabilitation Institute, Rancho Los Amigos National Rehabilitation Center and outpatient practices accept Non-UCLA students for clerkships.

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 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.

“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, bikerides, and chillin’ at the beach.” – J.P.

“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.

“I love the culinary culture, whether it’s gourmet restaurants or tea shops.” – A.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.

“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.

"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