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

Physical Medicine & Rehabilitation Residency Program
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome</td>
<td>3</td>
</tr>
<tr>
<td>Curriculum</td>
<td>4</td>
</tr>
<tr>
<td>Research</td>
<td>7</td>
</tr>
<tr>
<td>Affiliated Institutions for Clinical Rotations</td>
<td>9</td>
</tr>
<tr>
<td>Faculty</td>
<td>10</td>
</tr>
<tr>
<td>Current Residents</td>
<td>14</td>
</tr>
<tr>
<td>How to Apply</td>
<td>19</td>
</tr>
<tr>
<td>After Residency</td>
<td>20</td>
</tr>
<tr>
<td>Pain Medicine Fellowship</td>
<td>21</td>
</tr>
<tr>
<td>Medical Student Clerkships</td>
<td>24</td>
</tr>
<tr>
<td>Living in Los Angeles</td>
<td>25</td>
</tr>
<tr>
<td>Contact Information</td>
<td>26</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th></th>
<th>8AM-9AM</th>
<th>9AM-NOON</th>
<th>1PM-5PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Lecture</td>
<td>EMG/NCS</td>
<td>General Outpatient</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Lecture</td>
<td>General Outpatient</td>
<td>Didactics</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Pain Lecture</td>
<td>Pain Clinic</td>
<td>Pain Clinic</td>
</tr>
<tr>
<td>Thursday</td>
<td>Lecture</td>
<td>EMG/NCS</td>
<td>Pain Clinic/EMG</td>
</tr>
<tr>
<td>Friday</td>
<td>Lecture</td>
<td>General Outpatient</td>
<td>General Outpatient</td>
</tr>
</tbody>
</table>

Sample Inpatient Week at West Los Angeles VA

<table>
<thead>
<tr>
<th></th>
<th>8AM-9AM</th>
<th>9AM-NOON</th>
<th>1PM-5PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Lecture</td>
<td>Continuity Clinic</td>
<td>Inpatient</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Lecture</td>
<td>Inpatient</td>
<td>Didactics</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Pain Lecture</td>
<td>Team Meeting</td>
<td>Inpatient</td>
</tr>
<tr>
<td>Thursday</td>
<td>Lecture</td>
<td>Amputee Clinic</td>
<td>Inpatient</td>
</tr>
<tr>
<td>Friday</td>
<td>Lecture</td>
<td>Inpatient</td>
<td>Inpatient</td>
</tr>
</tbody>
</table>
COMPONENTS OF THE CURRICULUM

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

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

1. BASIC SCIENCE AND CLINICAL DIDACTICS

Basic Science:  (ANNUAL LECTURE SERIES)

This series of modules is presented annually. Each series consists of six to twelve lectures given by specialists in their respective field.

- 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)

The Core Lecture Series is presented over a three-year period by Staff and Residents as follows:

- Stroke Rehabilitation
- Geriatric Rehabilitation
- Neuromuscular Disorders
- Rheumatologic and Connective Tissue Diseases
- Modalities and Therapeutic Exercises
- Spinal Cord Injury
- Degenerative Spine Disorders
- Musculoskeletal/Sports
- Pediatric Rehabilitation
- Cardiopulmonary, Cancer Rehab
- Traumatic Brain Injury
- Central Nervous System Disorders
- Industrial Rehabilitation
- Pain Management
- Additional Topics (burns, skin, movement disorders, polytrauma)
- Pain Lecture Series is held every Wednesday 8-9am. (Click here to view a sample schedule)
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 1:15–2:00 pm.
      (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

2012

2011
2010

2009

2008
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

## VA GREATER LOS ANGELES HEALTHCARE SYSTEM

**West Los Angeles VA Healthcare Center**

Physical Medicine and Rehabilitation Service (117)

11301 Wilshire Blvd.
Los Angeles, CA 90073
(310) 478-3711

### A.M. Erika Scremin, M.D.
Chief, Physical Medicine & Rehabilitation Service
Professor, Department of Medicine
David Geffen School of Medicine at UCLA

### 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
Assoc. Director, PM&R Residency Program
Associate Professor, Department of Medicine
David Geffen School of Medicine at UCLA

### Aashna Basu, MD
Staff Physiatrist

### Babak Darvish, M.D.
Staff Physiatrist

### Armen Dumas, M.D.
Staff Physiatrist
Assistant Professor, Department of Medicine
David Geffen School of Medicine at UCLA

### Sharon Gohari, M.D.
Staff Physiatrist
Assistant Professor, Department of Medicine
David Geffen School of Medicine at UCLA

### Valerie Johnson, D.C.
VA Chiropractor

### Hyung Kim, M.D.
Staff Physiatrist
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 Ovsiowitiz, M.D.
Staff Physiatrist

### Sanjog Pangarkar, M.D.
Director, Inpatient/Interventional Pain Service
Associate Professor, Department of Medicine
David Geffen School of Medicine at UCLA

### Agnes Wallbom, M.D.
Staff Physiatrist
Associate Professor, Department of Medicine
David Geffen School of Medicine at UCLA

### Milena Zirovich, M.D.
Staff Physiatrist

### CONSULTANTS:

| Robert Baumhefner, M.D. | Teaching Consultant
| West LA VAMC
| Associate Professor, Department of Neurology David Geffen School of Medicine at UCLA |

| Samuel Braitman, M.D. | Consultant Physician, PM&R
| Kaiser Permanente - West Los Angeles
| Assistant Professor, Department of Medicine David Geffen School of Medicine at UCLA |

| Claudio Carvalho, D.O. | Teaching Consultant
<p>| PM&amp;R, Musculoskeletal Ultrasound |</p>
<table>
<thead>
<tr>
<th>Name</th>
<th>Position and Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marisa Chang, M.D.</td>
<td>Consultant Physician, Neurology, West LA VAMC</td>
</tr>
<tr>
<td>Shavarsh Chrissian, M.D.</td>
<td>Teaching Consultant, Professor, Department of Medicine, David Geffen School of Medicine at UCLA</td>
</tr>
<tr>
<td>Marc Darrow, M.D., JD</td>
<td>Teaching Consultant, PM&amp;R, Joint Rehab Sport Medical Center</td>
</tr>
<tr>
<td>Lisa Gleason, M.D.</td>
<td>Consultant Physician, PM&amp;R, VA Greater Los Angeles HS, Santa Maria and SLO VA</td>
</tr>
<tr>
<td>Theodore Goldstein, M.D.</td>
<td>Teaching Consultant, Orthopedic Surgery (Spine)</td>
</tr>
<tr>
<td>Naghmeh Kerendian, D.O.</td>
<td>Consultant Physician, PM&amp;R, VA Greater Los Angeles HS</td>
</tr>
<tr>
<td>Alexis Kulick, Ph.D.</td>
<td>Staff Psychologist</td>
</tr>
<tr>
<td>Rajeswari Kumar, M.D.</td>
<td>Consultant Physician, PM&amp;R, VA Greater Los Angeles HS</td>
</tr>
<tr>
<td>Richard Martin, M.D.</td>
<td>Consultant Physician, PM&amp;R, VA Greater Los Angeles HS, Santa Maria VAMC</td>
</tr>
<tr>
<td>Sulabha Masih, M.D.</td>
<td>Teaching Consultant, Department of Radiology, West LA VAMC</td>
</tr>
<tr>
<td>Lawrence Miller, M.D.</td>
<td>Consultant Physician, PM&amp;R, Professor, Department of Medicine, David Geffen School of Medicine at UCLA</td>
</tr>
<tr>
<td>Joseph Miller, Ph.D.</td>
<td>Teaching Consultant, Anatomy Module, Assistant Professor, Department of Pathology &amp; Laboratory Medicine, David Geffen School of Medicine at UCLA</td>
</tr>
<tr>
<td>Shahla Modarresi, M.D.</td>
<td>Teaching Consultant, Department of Radiology, West LA VAMC</td>
</tr>
<tr>
<td>Anna Okonek, Ph.D.</td>
<td>Staff Psychologist, West LA VAMC</td>
</tr>
<tr>
<td>Resa Oshiro, M.D.</td>
<td>Teaching Consultant, PM&amp;R/Orthopedic Spine</td>
</tr>
<tr>
<td>Gabriel Raymond, D.O.</td>
<td>Consultant Physician, PM&amp;R, VA Greater Los Angeles HS</td>
</tr>
<tr>
<td>Oscar Scremin, M.D., Ph.D.</td>
<td>West Los Angeles VAMC (Research), Professor and Senior Career Research Scientist, Department of Physiology, David Geffen School of Medicine at UCLA</td>
</tr>
<tr>
<td>Perry Shieh, M.D.</td>
<td>Consultant Physician, Neurology, Assistant Clinical Professor, Department of Neurology, David Geffen School of Medicine at UCLA</td>
</tr>
<tr>
<td>Walter Van Vort, M.D.</td>
<td>Consultant Physician, Psychiatry, West LA VAMC</td>
</tr>
<tr>
<td>Name</td>
<td>Position</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>---------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Grant Etnyre, M.D.</td>
<td>Associate Professor, David Geffen School of Medicine at UCLA</td>
</tr>
<tr>
<td>Alberto Miranda, M.D.</td>
<td>Assistant Professor, David Geffen School of Medicine at UCLA</td>
</tr>
<tr>
<td>Anne Nastasi, M.D.</td>
<td>Chief, Spinal Cord Injury Service Associate Professor, David Geffen School of Medicine at UCLA</td>
</tr>
<tr>
<td>Alexan Abdel-Malek, M.D.</td>
<td>Kaiser Permanente - West Los Angeles Assistant Clinical Professor, Department of Medicine, David Geffen School of Medicine at UCLA</td>
</tr>
<tr>
<td>Richard Riggs, M.D.</td>
<td>Chairman and Medical Director, Department of PM&amp;R</td>
</tr>
<tr>
<td>Sean Bamshad, MD</td>
<td>Staff Physiatrist</td>
</tr>
<tr>
<td>Jana Baumgarten, M.D.</td>
<td>Assistant Medical Director</td>
</tr>
<tr>
<td>Ryan Kotton, M.D.</td>
<td>Staff Physiatrist</td>
</tr>
<tr>
<td>Cynthia Mathis, M.D.</td>
<td>Staff Physiatrist</td>
</tr>
<tr>
<td>Anne Meyer, M.D.</td>
<td>Assistant Director, Department of PM&amp;R</td>
</tr>
<tr>
<td>Mary Nasmyth, M.D.</td>
<td>Staff Physiatrist</td>
</tr>
<tr>
<td>Kenith Paresa, M.D.</td>
<td>Staff Physiatrist</td>
</tr>
<tr>
<td>Jerry Judd Pryde, M.D.</td>
<td>Staff Physiatrist</td>
</tr>
<tr>
<td>Sri Rao, D.O.</td>
<td>Staff Physiatrist</td>
</tr>
<tr>
<td>David Fish, M.D., MPH</td>
<td>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</td>
</tr>
<tr>
<td>Jae Jung, M.D</td>
<td>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</td>
</tr>
<tr>
<td>Perry Shieh, M.D.</td>
<td>Staff Neurologist, Program Director, Neuromuscular Fellowship, David Geffen School of Medicine at UCLA</td>
</tr>
<tr>
<td>Affiliated Institutions</td>
<td></td>
</tr>
<tr>
<td>------------------------</td>
<td>---</td>
</tr>
<tr>
<td>CHILDREN'S HOSPITAL LOS ANGELES</td>
<td>4650 Sunset Blvd, Mailstop 71</td>
</tr>
<tr>
<td>Kevan Craig, M.D.</td>
<td>Director, Pediatric Rehabilitation</td>
</tr>
<tr>
<td>VA LONG BEACH HEALTHCARE CENTER</td>
<td>5901 E. 7th Street</td>
</tr>
<tr>
<td>Sophia Chun, M.D.</td>
<td>Chief, Spinal Cord Injury Service</td>
</tr>
<tr>
<td>Lily Chen, D.O.</td>
<td>Long Beach VA SCI</td>
</tr>
<tr>
<td>Richard Nghiem, M.D.</td>
<td>Long Beach VA SCI</td>
</tr>
<tr>
<td>RANCHO LOS AMIGOS NATIONAL REHABILITATION CENTER</td>
<td>7676 E. Imperial Highway</td>
</tr>
<tr>
<td>Ziyad Ayyoub, M.D.</td>
<td>Chief, Adult Brain Injury Service</td>
</tr>
<tr>
<td></td>
<td>Assistant Clinical Professor, Department of Medicine, Division of PM&amp;R</td>
</tr>
<tr>
<td></td>
<td>David Geffen School of Medicine at UCLA</td>
</tr>
<tr>
<td>CALIFORNIA PAIN MEDICINE CENTER</td>
<td>UCLA 100 Medical Plaza, Suite 760</td>
</tr>
<tr>
<td>Joshua P. Prager, M.D.</td>
<td>Assistant Professor, Anesthesiology/Pain Management</td>
</tr>
<tr>
<td></td>
<td>Department of Internal Medicine</td>
</tr>
<tr>
<td></td>
<td>Department of Anesthesiology</td>
</tr>
<tr>
<td></td>
<td>David Geffen School of Medicine at UCLA</td>
</tr>
<tr>
<td>THE UCLA SPINE CENTER</td>
<td>1245 16th Street, Suite 220</td>
</tr>
<tr>
<td>David E. Fish, M.D., MPH</td>
<td>Assistant Director, Pain Medicine Fellowship</td>
</tr>
<tr>
<td></td>
<td>Chief, Division of Interventional Physiatry</td>
</tr>
<tr>
<td></td>
<td>The UCLA Spine Center</td>
</tr>
<tr>
<td></td>
<td>Associate Professor, Department of Orthopedics</td>
</tr>
<tr>
<td></td>
<td>David Geffen School of Medicine at UCLA</td>
</tr>
</tbody>
</table>
Current Residents

Class of 2014

Sarah Lee O’Brien, M.D. (Chief Resident)
Hometown: Columbia, MO, Pittsburgh, PA
Medical School: University of Missouri School of Medicine
Personal Interests: marathon running, Soul Cycle, wellness, travel, design, yoga

Mauro Walsh Zappaterra, M.D., PhD. (Chief Resident)
Hometown: Lafayette, CA
Medical School: Harvard Medical School
Personal Interests: research, optimizing human functioning, relieving suffering, nutrition, having fun, spending time with family

Christopher Bui, M.D.
Hometown: San Diego, CA
Medical School: David Geffen School of Medicine at UCLA
Personal Interests: music production, DJing, watching football and being a boss

Jason M. Davis, M.D.
Hometown: Bethlehem, PA
Medical School: New York Medical College

Raman Gurai, M.D.
Hometown: San Jose, CA
Medical School: St. George's University, West Indies
Steven Hsu, M.D.
Hometown: Pasadena, CA
Medical School: Case Western Reserve School of Medicine

Daniel Lee, M.D., M.S.
Hometown: Seattle, WA
Medical School: Chicago Medical School at Rosalind Franklin University of Medicine and Science
Personal Interests: gadgets, snowboarding

Mike Tran, M.D.
Medical School: Virginia Commonwealth University
Personal Interests: computers, photography, scuba diving, travel, tennis

Class of 2015

Anna Cheng, M.D.
Hometown: Diamond Bar, CA
Medical School: State University of New York Downstate
Personal Interests: scuba diving, snowboarding, photography, archery

Duc Chung, M.D.
Hometown: Milpitas, CA
Medical School: University at Buffalo School of Medicine & Biomedical Sciences
Personal Interests: playing piano, writing children's books, hanging out with friends, trying new restaurants
Lysander Jim, M.D.
Hometown: South Pasadena, CA
Medical school: Albert Einstein College of Medicine
Personal Interests: wellness, nutrition, writing, running, informatics

Pamela Law, M.D.
Hometown: Glendale, CA
Medical school: David Geffen School of Medicine at UCLA
Personal Interests: salsa dancing

Samuel Lee, M.D.
Hometown: Seattle, WA
Medical school: University of Illinois at Chicago
Personal Interests: snowboarding, movies, running, tech & gadgets, reading, eating, Settlers of Catan

Roger Mignosa, D.O.
Hometown: Huntington Beach, CA
Medical school: Touro University College of Osteopathic Medicine, California
Personal Interests: surfing, triathlon, Australia

Edward Pang, D.O., M.S.
Hometown: Los Angeles, CA
Medical school: Touro University College of Osteopathic Medicine, California
Personal Interests: hiking, tennis, beach, food, wine, traveling, snow skiing, water skiing
Mona Zall, D.O.
Hometown: Los Angeles, CA
Medical school: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific

Kristine Enverga Cachola, M.D.
Hometown: Daly City, CA
Medical School: UCSF School of Medicine
Personal Interests: baking, spending time with family and friends, going to the movies, Bay Area sports

Tim Cushing M.D.
Hometown: Carmel Valley, CA
Medical School: Albany Medical College
Personal Interests: sports medicine, going on adventures, being outside, traveling, swimming, getting coffee, any sport any time, watching funny cat videos, good food

Sara Flores, M.D.
Hometown: Los Angeles, CA
Medical School: Albert Einstein College of Medicine
Personal Interests: sports, especially running and soccer

Michael Givens, M.D.
Hometown: Phoenix, Arizona
Medical School: David Geffen School of Medicine at UCLA
Personal Interests: basketball, soccer
Ryan H. Lee, M.D.
Hometown: Chicago, IL
Medical School: Tufts University
Personal Interests: volleyball, tennis, movies

Jimmy Padilla, M.D.
Hometown: Los Angeles, CA
Medical School: UCSF School of Medicine
Personal Interests: basketball, video games, traveling, gadgets, salsa dancing

Adam Saby, M.D.
Hometown: Huntington Beach, CA
Medical School: David Geffen School of Medicine at UCLA
Personal Interests: 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

Radhika Sood, D.O.
Hometown: Los Angeles, CA
Medical School: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific

Chirag Vora, D.O., M.S.
Hometown: Seal Beach, CA
Medical School: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific
Personal Interests: sports, traveling, food, movies, medicine
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 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.
Sample Pain Lecture Series Wednesday 8:00 – 9:00 a.m.

<table>
<thead>
<tr>
<th>Date</th>
<th>2013</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 3</td>
<td>2013</td>
<td>Introduction to Pain Management - Clinic Orientation</td>
</tr>
<tr>
<td>July 10</td>
<td>2013</td>
<td>Physiology of Pain</td>
</tr>
<tr>
<td>July 17</td>
<td>2013</td>
<td>Overview of Pharmacology: NSAIDs &amp; Opioids</td>
</tr>
<tr>
<td>July 24</td>
<td>2013</td>
<td>Acute Pain Management/Patient Controlled Analgesia</td>
</tr>
<tr>
<td>July 31</td>
<td>2013</td>
<td>Chronic Pain Management</td>
</tr>
<tr>
<td>August 7</td>
<td>2013</td>
<td>System based practice: encounters</td>
</tr>
<tr>
<td>August 14</td>
<td>2013</td>
<td>Advanced Topics Opioid Management of Chronic Pain</td>
</tr>
<tr>
<td>August 21</td>
<td>2013</td>
<td>Psychotropics and Adjuvant Pain Medications</td>
</tr>
<tr>
<td>August 28</td>
<td>2013</td>
<td>Evaluation and Management of Low Back Pain</td>
</tr>
<tr>
<td>September 4</td>
<td>2013</td>
<td>Evaluation and Management of Shoulder Pain</td>
</tr>
<tr>
<td>September 11</td>
<td>2013</td>
<td>Evaluation and Management of Hip Pain</td>
</tr>
<tr>
<td>September 18</td>
<td>2013</td>
<td>Evaluation and Management of Knee Pain</td>
</tr>
<tr>
<td>September 25</td>
<td>2013</td>
<td>Fellow Presentation</td>
</tr>
<tr>
<td>October 2</td>
<td>2013</td>
<td>Geriatric Pain Management</td>
</tr>
<tr>
<td>October 9</td>
<td>2013</td>
<td>Cancer Pain / Palliative Care</td>
</tr>
<tr>
<td>October 16</td>
<td>2013</td>
<td>Cancer Rehabilitation</td>
</tr>
<tr>
<td>October 23</td>
<td>2013</td>
<td>Fellow M&amp;M Presentation/Journal Club</td>
</tr>
<tr>
<td>October 30</td>
<td>2013</td>
<td>Ethnic Differences in Spine and Pain Management</td>
</tr>
<tr>
<td>November 6</td>
<td>2013</td>
<td>Urine Tox Screen</td>
</tr>
<tr>
<td>November 13</td>
<td>2013</td>
<td>Chronic Abdominal Pain</td>
</tr>
<tr>
<td>November 20</td>
<td>2013</td>
<td>Chiropractic Care for Pain Management</td>
</tr>
<tr>
<td>November 27</td>
<td>2013</td>
<td>Fellow Presentation</td>
</tr>
<tr>
<td>December 4</td>
<td>2013</td>
<td>Psychological management of pain: Mindfulness or CBT</td>
</tr>
<tr>
<td>December 11</td>
<td>2013</td>
<td>Ketamine for Pain Management</td>
</tr>
<tr>
<td>December 18</td>
<td>2013</td>
<td>Spinal Cord Stimulator</td>
</tr>
<tr>
<td>December 25</td>
<td>2013</td>
<td>HOLIDAY</td>
</tr>
</tbody>
</table>
Sample Pain Lecture Series Wednesday 8:00 – 9:00 a.m. (Continued)

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 01</td>
<td>HOLIDAY / No Lecture</td>
</tr>
<tr>
<td>January 08</td>
<td>Pre-Surgical Psychological Screening</td>
</tr>
<tr>
<td>January 15</td>
<td>Practice Management: Part I</td>
</tr>
<tr>
<td>January 22</td>
<td>Fellow M&amp;M Presentation/Journal Club</td>
</tr>
<tr>
<td>January 29</td>
<td>Headaches / Migraines</td>
</tr>
<tr>
<td>February 05</td>
<td>Pediatric Pain Management</td>
</tr>
<tr>
<td>February 12</td>
<td>Practice Management: Part II</td>
</tr>
<tr>
<td>February 19</td>
<td>Spinal Surgery Treatment Options</td>
</tr>
<tr>
<td>February 26</td>
<td>Fellow Presentation</td>
</tr>
<tr>
<td>March 05</td>
<td>Complex Regional Pain Syndrome</td>
</tr>
<tr>
<td>March 12</td>
<td>Fellow M&amp;M Presentation/Journal Club</td>
</tr>
<tr>
<td>March 19</td>
<td>UCLA Med Student Teaching</td>
</tr>
<tr>
<td>March 26</td>
<td>UCLA Med Student Teaching</td>
</tr>
<tr>
<td>April 02</td>
<td>UCLA Med Student Teaching</td>
</tr>
<tr>
<td>April 09</td>
<td>UCLA Med Student Teaching</td>
</tr>
<tr>
<td>April 16</td>
<td>UCLA Med Student Teaching</td>
</tr>
<tr>
<td>April 23</td>
<td>Fellow Presentation</td>
</tr>
<tr>
<td>April 30</td>
<td>Regional Anesthesia – The Basics</td>
</tr>
<tr>
<td>May 07</td>
<td>Orofacial Pain</td>
</tr>
<tr>
<td>May 14</td>
<td>Male Pelvic Pain</td>
</tr>
<tr>
<td>May 21</td>
<td>Female Pelvic Pain</td>
</tr>
<tr>
<td>May 28</td>
<td>Fellow M&amp;M Presentation/Journal Club</td>
</tr>
<tr>
<td>June 04</td>
<td>Neuropathic Pain and Multiple Sclerosis</td>
</tr>
<tr>
<td>June 11</td>
<td>Newest Advances in Musculoskeletal Regenerative Medicine: Platelet Rich Plasma and Bone Marrow Concentrate Injections</td>
</tr>
<tr>
<td>June 18</td>
<td>Complimentary Alternative Medicine for Pain: Acupuncture for Musculoskeletal Pain</td>
</tr>
<tr>
<td>June 25</td>
<td>End of Year Wrap-up Session</td>
</tr>
</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. 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

* 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.
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 L.A.:
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, bike rides, 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.

“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