

PHYSICAL MEDICINE AND REHABILITATION (PM&R) PROGRAM

2026-2027 Academic Year

4th Year Resident Class of 2027

**Phoebe Johnson, DO, Chief Resident****Residency:** PM&R**Internship:** Internal Medicine, HonorHealth Thompson Peak Medical Center-Scottsdale**Medical School:** Pacific Northwest University of Health Sciences, Yakima, WA

Bio: My name is Phoebe Johnson, and I grew up in Long Beach, CA where I developed an early passion for water sports. I attended Cal Poly San Luis Obispo where I competed on my university's triathlon team and obtained my undergraduate and graduate degrees in Kinesiology. During my gap years, I coached swimming and worked in the cardiac rehab unit and emergency department as a scribe before eventually moving up to Yakima, Washington for medical school

What stood out the most about HonorHealth and motivated you to choose this particular program? I chose HonorHealth because of the supportive community, smaller class size, and great weather with an ample opportunity for outdoor activities

Clinical Interest

Pain Medicine, EMG

Hobbies/Interests

I enjoy hanging out with friends, cooking, and outdoor activities including running, swimming, surfing, and learning to play tennis

Passion

Water sports and enjoying time with friends and family

4th Year Resident Class of 2027



Nicholas Olson, DO

Residency: PM&R

Internship: Internal Medicine, HonorHealth Thompson Peak Medical Center-Scottsdale

Medical School: Lake Erie College of Osteopathic Medicine, Erie, PA

Bio: I completed my undergraduate degree at Arizona State University and medical school in Pittsburg, PA at LECOM. As an Arizona native, I liked the idea of returning home for residency. Not only to be near family and friends but also to give back to the community that raised me. During my interview with the PM&R faculty, it was obvious how much they cared for their resident's well-being during training

What stood out the most about HonorHealth and motivated you to choose this particular program?

Being the only PM&R program in Arizona, residents rotate through some of the top hospital networks in the state. I am excited to be a part of a tight-knit and supportive program that will give me the tools to succeed as a physiatrist!

Clinical Interest

Leaning toward pediatric rehabilitation or interventional spine but keeping an open mind!

Hobbies/Interests

As a dad to 2 young boys, there is never a dull moment in our home! We love playing at parks, swimming, and trying new restaurants. Other hobbies include cooking, going to the gym, and snow skiing

Passion

Family, Food, and Fitness

4th Year Resident Class of 2027



Shayne Sumida, MD

Residency: PM&R

Internship: Internal Medicine, HonorHealth Thompson Peak Medical Center-Scottsdale

Medical School: Creighton University and Creighton University School of Medicine,
Phoenix, AZ

Bio: I graduated from Creighton University with a B.S. In Biology and decided to continue my medical education at the same institution. I moved to Arizona for my clinical rotations and have lived here since then

What stood out the most about HonorHealth and motivated you to choose this particular program?

I chose to continue his clinical training at HonorHealth because of the program's supportive culture and dedication to advancing rehabilitation in the Southwest

Clinical Interest

Interventional Pain, Regenerative Medicine, Spinal Cord Injury, Neurorehabilitation and Spasticity Management

Hobbies/Interests

Hiking, snowboarding, and spending time with his dog. He is passionate about community service and enjoys working with Arizona's local disability and neurodiverse populations

Passion

I am passionate about fitness, cooking, and serving Arizona's local disability and neurodiverse populations

4th Year Resident Class of 2027



Ian Villescascas, DO, Chief Resident

Residency: PM&R

Internship: Transitional Year, Mountain View Regional Medical Center

Medical School: Burrell College of Osteopathic Medicine – Las Cruces, NM

Bio: I was born and raised in Las Cruces, NM, and initially developed an interest in medicine during my undergraduate education at the University of New Mexico in an emergency medicine course. Prior to medical school, I spent 6 months working in Houston, Texas, at an internship with MD Anderson Cancer Center during which time I assisted with research projects primarily focusing on appendiceal cancer. During medical school, I became particularly interested in Physical Medicine & Rehabilitation after a third-year rotation which I absolutely loved.

What stood out the most about HonorHealth and motivated you to choose this particular program?

Early in my fourth year of medical school, I had an audition rotation with HonorHealth during my fourth year of medical school that was a fantastic experience. The residents, faculty, and mentorship offered by the program seemed like the perfect environment to continue my professional training. Plus, the opportunity to remain in the desert southwest was a nice bonus

Clinical Interest

I've been involved in sports my entire life, and have particular interest in sports medicine, musculoskeletal medicine, and spasticity management

Hobbies/Interests

My hobbies include running, tennis, snowboarding, rock climbing, fantasy football, watching Formula 1, and collecting vinyl records

Passion

Outside of medicine, I am passionate about anything sports-related

3rd Year Resident Class of 2028



Kian Bagheri, DO

Residency: PM&R

Internship: Internal Medicine, HonorHealth Thompson Peak Medical Center-Scottsdale

Medical School: Campbell University School of Osteopathic Medicine, Lillington, NC

Bio: I was born and raised in Davis, California, and later attended Pomona College in Southern California, where I earned a B.A. in Biology with a minor in Spanish. Before beginning medical school, I worked as an EMT in the Bay Area and as a clinical research coordinator at the UCSF Movement Disorders Clinic. I went on to earn my D.O. from Campbell University School of Osteopathic Medicine in Lillington, North Carolina, and subsequently matched at HonorHealth for my residency training in PM&R.

What stood out the most about HonorHealth and motivated you to choose this particular program?

I chose HonorHealth because of the excellent clinical training as well as the focus on resident wellness. The fact that it is the only PM&R program in Arizona ensures ample opportunities for learning and growth. I'd also be lying if I didn't say I was excited about the sunny weather year-round!

Clinical Interest

My interests are broad but currently I have a passion for sports medicine, pain management, orthobiologics, general rehabilitation, and telehealth.

Hobbies/Interests

In my free time I love staying active. Whether that is working out at the gym, going on a hike, or playing pickleball with friends, I prioritize being outdoors as much as I can. I also enjoy trying new places to eat as well as spending time with my partner and two cats.

Passion

I grew up playing soccer and was fortunate to be able to play in college and beyond. I am a huge fan of anything related to the sport, especially watching the Premier League as well as European soccer.

3rd Year Resident Class of 2028



William O'Neill, MD

Residency: PM&R

Internship: Internal Medicine, HonorHealth Thompson Peak Medical Center-Scottsdale

Medical School: University of Cincinnati College of Medicine, Cincinnati, OH

Bio: I was born in the Chicago area but have lived in several states throughout the Midwest including Wisconsin, Indiana, and Ohio. I received my undergraduate degree from Kenyon College and medical degree from the University of Cincinnati. I have enjoyed experiencing the unique quirks and strengths of all the communities that I've lived in, and I look forward to doing the same here in Arizona.

What stood out the most about HonorHealth and motivated you to choose this particular program?

As the only PM&R residency in the state of Arizona, I was excited to join the HonorHealth community and train in a program that serves one of the largest metro areas in the US. Small resident class size, the ability to train in locations all over the PHX area, and the opportunity to explore a new part of the country were all appealing to me.

Clinical Interest

I have a variety of clinical interests within the field of PM&R including general rehabilitation, sports medicine, and pain management.

Hobbies/Interests

I enjoy almost all outdoors hobbies, cooking family style meals, and supporting my favorite professional soccer team, Arsenal FC.

Passion

I am passionate about balancing the above-mentioned hobbies/interests with a career that I find meaningful, mentally stimulating, and rewarding.

3rd Year Resident Class of 2028



Jennifer Song, DO

Residency: PM&R

Internship: Internal Medicine, HonorHealth Thompson Peak Medical Center-Scottsdale

Medical School: Western University of Health Sciences, Pomona, CA

Bio: I grew up in Denver and moved to Los Angeles during high school. After graduating from college, I was heavily involved in the improv and sketch comedy scene in Hollywood while also working as a full-time caregiver to a low-functioning autistic child. Eventually I decided to go to medical school which is where I learned about PM&R.

What stood out the most about HonorHealth and motivated you to choose this particular program?

I was drawn to the close-knit community within the program, where both the residents and faculty seem down-to-earth and friendly. I was also impressed with the program's commitment to making sure residents get great training without sacrificing their mental health and well-being.

Clinical Interest

Spinal cord injury, Spasticity management, General rehab

Hobbies/Interests

Finding hole in the wall restaurants, attending my friends' improv and sketch comedy shows, obsessing over getting bangs but not getting them, bed rotting lol

Passion

Passionate about finding good Asian food in the Valley

3rd Year Resident Class of 2028



Cara Wyant, DO

Residency: PM&R

Internship: Internal Medicine, HonorHealth Thompson Peak Medical Center-Scottsdale

Medical School: Touro University Nevada, Henderson, NV

Bio: I graduated from Haverford College with a fine arts degree. I spent my gaps years as a project manager for Epic and as a research assistant in a deep brain stimulation lab at the Cleveland Clinic Lerner Research Institute.

What stood out the most about HonorHealth and motivated you to choose this particular program?

I was drawn to pursue my post graduate training at HonorHealth because of this program's combined emphasis on quality training and resident wellness. Its academic pursuits combined with the Phoenix metropolis made it an ideal place to grow into my career.

Clinical Interest

My medical interests are centered in pain management and interventional pain

Hobbies/Interests

Any spare time is spent hiking, indulging in horror/macabre movies and culture, arts/festivals, relaxing with my pets, and collecting hobbies.

Passion:

I am passionate about combining my interests with a rewarding career that serves my community

2nd Year Resident Class of 2029



Salman Azfar, MD

Residency: PM&R

Internship: Internal Medicine, HonorHealth Thompson Peak Medical Center-Scottsdale

Medical School: University of Arizona, College of Medicine – Phoenix, AZ

Bio: I am from Los Angeles, California and completed my undergraduate education at UCLA with a bachelor's degree in Physiology. After graduating and working as a medical scribe, I attended medical school in Phoenix, AZ at the University of Arizona, College of

Medicine - Phoenix

What stood out the most about HonorHealth and motivated you to choose this particular program?

I had the privilege of having a 4th year rotation at HonorHealth during which I met various residents and faculty members and explored the facilities of the program firsthand

Clinical Interest

I have broad interests in PM&R that range from inpatient subspecialties such as spinal cord injury and traumatic brain injury to outpatient subspecialties like sports medicine. More than anything, I am looking forward to exploring all that the field has to offer more deeply during my training! In my free time

Hobbies/Interests

I generally like to relax with family or friends and do my best to stay in close touch with non local friends via video games. I enjoy swimming, skateboarding, and tennis, and have been trying out pickleball recently.

Passion

The passion everyone at HonorHealth had for the field was immediately apparent. Beyond that, it was clear that both the preliminary and advanced aspects of the training led to high levels of confidence and competence in the trainees. I had an incredible experience with the HonorHealth team and could not be more excited to be joining it myself!

2nd Year Resident Class of 2029



Cameron Fung, DO

Residency: PM&R

Internship: Internal Medicine, HonorHealth Thompson Peak Medical Center-Scottsdale

Medical School: Western University of Health Sciences COM, Pomona, CA

Bio: Hi, my name is Cameron Fung. My hometown is Camarillo, CA. My passion for medicine began in high school when I volunteered at local free clinics in my area. From then on, I have continued to pursue my interests in the neuromusculoskeletal system. For example, I have worked as an intern for the UCSD sports medicine team, a physical therapy aide for Two Trees Physical therapy, and a research associate at my medical school's translational research team. I have a passion for teaching and, of course, caring for those in need. After completing four years of undergrad at UCSD and four years of medical school at Western University of Health Sciences in Pomona, CA, I am ready to call Arizona home for the next 4 years at HonorHealth!

What stood out the most about HonorHealth and motivated you to choose this particular program?

I chose my specialty, Physical Medicine and Rehabilitation, because it truly opens so many doors in terms of the patient populations I can take care of and the goals physiatrists live by when taking care of their patients. In the field of PM&R, there are so many subspecialties such as traumatic brain injury, spinal cord injury, amputee care, and pain medicine to name a few. I was drawn to physiatry because one of the core objectives of the field is enhancing patients' quality of life, whether that's by helping them regain functional independence or return to the activities they love. HonorHealth immediately stood out to me during my interview day as a program dedicated towards quality patient care, physician wellness, and professional mentorship and development. I am excited to be a part of a program that will continue to push me day in and day out to be the best version of myself and the best physician I can be for the betterment of the patients and families I will care for.

Clinical Interest

Interventional spine and MSK, Sports Medicine, Spasticity, and Spinal cord injury

Hobbies/Interests

Golf, basketball, and woodworking

Passion

Traveling to explore and understand new cultures. Daily self-improvement

2nd Year Resident Class of 2029



Destin Swartz, MD

Residency: PM&R

Internship: Internal Medicine, HonorHealth Thompson Peak Medical Center-Scottsdale

Medical School: Rosalind Franklin University of Medicine, Chicago, IL

Bio:

Life is hard enough without setbacks. Significant challenges and obstacles can disrupt our quality of life and derail our path toward personal goals. I want to be a helping hand for people navigating these difficulties and helping them return to what they love, even if it's in a new way.

What stood out the most about HonorHealth and motivated you to choose this particular program?

HonorHealth impressed me from the start with its resident camaraderie and the visible energy behind the eyes of both residents and attendings. It was clear this program values wellbeing and I believe the culture of wellness will help me better serve my patients.

Clinical Interest

I'm interested in pain management, interventional spine, as well as sports medicine. Though I appreciate all facets of rehabilitation so far.

Hobbies/Interests

Outside you can find me climbing, learning a new sport, camping, or snowboarding. Inside you can find me complaining about how hot it is and how I wish I could be outside. I do also love reading and learning new kinds of dancing, despite having two left feet.

Passion

Learning new skills, going to new places, and embarrassing myself until I have nothing left to be embarrassed about.

2nd Year Resident Class of 2029



Taylor Van Luven, DO

Residency: PM&R

Internship: Internal Medicine, HonorHealth Thompson Peak Medical Center-Scottsdale

Medical School: Noorda College of Osteopathic Medicine, Provo, UT

Bio:

Growing up in Tahoe City, CA, I spent the last decade in Utah for my education, lifestyle, and starting a family. My husband and I are thrilled about this next adventure and raising our two kids back in his hometown in Arizona. Optimizing function drew me to medicine in the first place and finding Physical Medicine and Rehabilitation was a perfect fit. I want to help patients rehabilitate and get back to activities that make life fun.

What stood out the most about HonorHealth and motivated you to choose this particular program?

We were drawn to HonorHealth for the opportunity to be near family and the many wonderful activities that Arizona offers. Receiving excellent training in PM&R in a close-knit program with an emphasis on resident well-being is a dream.

Clinical Interest

I love general rehab, and my top interests currently are sports medicine and interventional spine

Hobbies/Interests

While not in the hospital, I am likely hanging with my family at home or at the pool, or off on a run/hike/bike ride with my dog. Beyond that, spare time ideally would be spent baking, reading, crocheting, gardening, or crafting, but likely I'm catching up on the never-ending laundry.

Passion

I developed a passion for living a healthy and active lifestyle and decided to dedicate my life to helping others do the same.