

INTERNAL MEDICINE RESIDENCY PROGRAM RESIDENTS RESIDENTS

Class of 2027



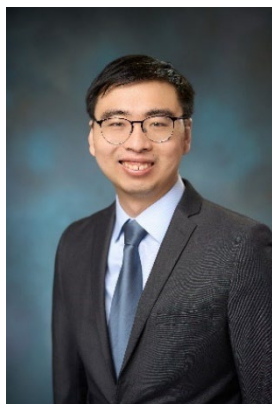
Carson Bridgers, DO

Medical School: Midwestern University – Glendale, AZ

I received my undergraduate degree in biomedical engineering from ASU, and prior to medical school I worked as a quality/regulatory engineer for a company that manufactured medical devices and as an EMT. I attended medical school at Midwestern University in Glendale.

I pursued internal medicine as it allows me to manage and learn about a large breadth and depth of presentations and I can use that to better serve my community's health needs. I'm primarily interested in hospital medicine and I'm unsure if I will specialize in the future.

In my free time I play in an (almost) weekly Dungeons and Dragons game that I've been a part of for about 6 years, go swing dancing, and spend time with my friends. What stood out to me about HonorHealth was the positive and collaborative culture that facilitates resident learning and improved patient care.



Bryan Fong, MD

Medical School: University of Queensland (Ochsner)

I graduated from Grand Canyon University here in Phoenix before going into medical school at the University of Queensland (Ochsner). I spent the first two years in Brisbane, Australia and finished my clinical years in New Orleans, Louisiana.

My clinical interests are in Gastroenterology and global health.

My family and I have had a wonderful experience as patients in the HonorHealth system and after my interview with Dr. Sall I could see that this extended to the residency program as well. I enjoyed the equal emphasis on resident welfare and education that this program provides.

I love looking up random new food places to explore! I also enjoy hiking during my free time and cooking.



Shreya Narain, DO

Medical School: Nova Southeastern University Kiran Patel College of Osteopathic Medicine

I lived in Arizona until the age of 17, when I moved to LA for college. After graduating from UCLA with a degree in Neuroscience and finishing med school at NSU-KPCOM, I'm now back in Arizona for residency and ecstatic to start this new chapter at Honor Health.

My interview at this program left an excellent impression on me. I was drawn to HonorHealth because of its focus on resident teaching, emphasis on resident wellness, and warm community presence. Everyone seemed very happy to be in this program while training to become highly competent and confident physicians. I am currently interested in pursuing hospitalist medicine, but am also open-minded to fellowships in gastroenterology, critical care, or rheumatology.

In my free time, I enjoy traveling, sketching, Bollywood dancing, venturing out with family and friends to find the best new cafe or food spot, and mentoring those from my alma mater who are on the same path in medicine.



Anne Schmidt, DO

Medical School: Midwestern University Arizona College of Osteopathic Medicine

After residency, I hope to be a hospitalist in the Phoenix-Scottsdale area. I also have a special kinship with the geriatric population, and I have been considering inpatient geriatrics.

HonorHealth was my first choice. During my fourth year, I completed a sub-internship with HonorHealth and several other programs in the Valley. Over time, I realized that HonorHealth was the place where I grew the most as a clinician. I was given the perfect amount of independence to allow me to grow and be challenged while also being supported each day. While on sub-internship, it was easy to see why HonorHealth is so well known for its "growth mindset." And the people are so amazing! They immediately made me feel at home.

I was born at HonorHealth Scottsdale Shea! I am also an avid musician. I love singing ancient music, especially Renaissance-era polyphony, and Gregorian Chant. I also enjoy cooking, embroidery, swimming, reading (especially Jane Austen novels!), and hosting get-togethers with family and friends.



Taryn Wigington, DO

Medical School: A.T. Still University in Kirksville, Missouri

Born and raised in rural Arizona, I embarked on my academic journey at Northern Arizona University in the charming city of Flagstaff. It was during this time that my desire to become a physician grew, eventually leading me to A.T. Still University in Kirksville, Missouri.

As I completed my clinical rotations, I found myself drawn to hospitalist work, enjoying the array of conditions encountered daily. While I maintain an open mind about pursuing fellowship opportunities, I hope to continue developing my skills in medical education throughout residency.

Outside of medicine, I find joy in hiking with my dogs or exploring new restaurants. I am passionate about animal welfare and hope to open an animal sanctuary one day.

I was drawn to HonorHealth because of its blend of intimate program size and expansive opportunities, offering the perfect environment to cultivate my aspirations while serving the community that has always been close to my heart.



Giovanni Zlaket, MD

Medical School: University of Queensland (Ochsner)

I am currently interested in hospitalist medicine. I am also passionate about cardiovascular diseases and arrhythmias and am looking into potentially pursuing a fellowship in cardiology.

Hobbies/Interests/passion: I enjoy spending time with my family, cooking Middle Eastern cuisine, and practicing archery. In my free time, I like to watch movies and sports such as mixed martial arts.

I was drawn to HonorHealth because of its small residency size, which allows for a personalized and feedback-driven experience. My interview with the program confirmed that I would be surrounded by a supportive team that has my best interests in mind.

Class of 2028



Brittney Adams, DO

Medical School: Midwestern University Arizona College of Osteopathic Medicine

I was born in Wyoming and raised here in Arizona. For my undergraduate education, I attended Arizona State University where I majored in biology with a minor in psychology. I worked in various healthcare roles for six years and obtained a master's degree in biomedical sciences prior to attending medical school at Midwestern University. Throughout medical school, I had always been drawn towards internal medicine with interests in cardiology and gastroenterology.

Why HonorHealth: There are so many reasons to love this program. The people, supportive environment, emphasis on growth, and overall culture of the program really stood out to me. The faculty and residents are passionate and welcoming. The program is invested in both the clinical success of the residents and resident wellness. I was also drawn to the emphasis on teaching and opportunities to grow as a future teacher and mentor.

Outside of medicine, I love art projects, really any hobby that gives me something to do with my hands, reading, and spending time outdoors.



Mo Bandi, DO

Medical School: Rocky Vista University College of Osteopathic Medicine

Why this field? I chose Internal Medicine because it's where I find the perfect mix of challenge, connection, and purpose. I love the problem-solving aspect of it where we piece together a patient's story, labs, and exam findings to make sense of complex cases. But more than that, I value the patient and family connection, and relationships built over time, guiding patients through both routine care and life-changing diagnoses. There's something incredibly fulfilling about being the person they trust to help navigate their health.

Internal Medicine allows me to think critically while keeping the human side of medicine at the center, and that's exactly the kind of physician I want to be.

What stood out the most about HonorHealth and motivated you to choose this program? I felt that at HonorHealth, I will be training in a top-tier Internal Medicine Residency that prioritizes wellness, academic excellence, and a close-knit, supportive culture. Everyone endorsed a faculty that is approachable and a program director that is dedicated to resident growth and well-being. Along with all this, with the presence of multiple fellowships in my areas of interest and a growing fellowship pipeline, I felt confident I would get the best clinical training here. For these reasons and more, HonorHealth was my top choice.

My clinical interests currently are Gastroenterology and Hospital Medicine.

I love playing Volleyball, Soccer, Tennis and Pickle ball. I also love hiking, mountain/trail biking and in general just spending time in nature. When I want to just relax, I love to watch Sci-Fi, Fantasy and/or Historical Fiction movies and shows.



John Bumgarner, DO

Medical School: Idaho College of Osteopathic Medicine

I pursued medicine not only to diagnose and treat medical conditions but also to support patients emotionally during acute situations. I'm currently drawn to hospitalist medicine because of its balance of managing complex cases and helping critically ill patients regain their health, while also being a reassuring presence during what can be an unfamiliar and vulnerable time.

I was initially drawn to HonorHealth for its close-knit program size, but what truly sold me was the strong culture of growth and mentorship. The emphasis on a growth mindset and supportive learning environment made it clear that this is the ideal place to continue my training.

Outside of medicine, I find joy in exploring new places and spending time outdoors whether it's hiking, camping, trail running, fly fishing, or skiing.



Daniel Franzese, MD

Medical School: University of Washington School of Medicine

As a medical student at the University of Washington School of Medicine, I was drawn to internal medicine for the complexity of inpatient care and the opportunity to follow patients through some of their most vulnerable moments. I take pride in being hardworking, resilient, and teachable, and I thrive in high-pressure environments where I can learn, grow, and contribute meaningfully. This has led to a specific clinical interest in hospital medicine and a strong consideration of a future fellowship in critical care, an area where HonorHealth's robust training and support further deepened my

interest in the program. However, what stood out to me most about the program was the genuine camaraderie among residents and faculty, as well as the strong emphasis on hands-on learning, mentorship, and a culture that clearly supports both personal and professional growth.

Outside of medicine, I'm passionate about soccer, which nurtured a defining sense of community for me prior to my move Arizona and is something I hope to cultivate here. Overall, I love staying active and being outdoors. Otherwise, I am an avid world travel and find great satisfaction through immersing myself in a multitude of unique cultures. These days, my greatest joy comes from spending time with my wife and our 1-year-old daughter. We're excited to build our home here together, and I'm looking forward to becoming part of the HonorHealth community both inside and outside the hospital.



Ginelle Goh, DO

Medical School: Rocky Vista University

Why this field? I chose internal medicine because I enjoy the ability to form meaningful connections with patients and the high acuity of hospital-based medicine.

What stood out the most about HonorHealth and motivated you to choose this program? I chose HonorHealth because I worked as a scribe in one of its emergency rooms for two years before starting medical school. Later, during my sub-internship at Thompson Peak, I felt a strong sense of belonging—the residents were welcoming, the environment was supportive, and I immediately knew this was where I wanted to continue my training. It was one of those moments when you know you know.

-Clinical Interest: Currently I'm interested in becoming a hospitalist or going on to a GI fellowship

-Hobbies/Interests: Reading, Crafting, traveling to new places, trying new restaurants

-Passion: My passion is providing medical care to underserved communities and continuously learning from my patients, as I believe every person we encounter offers an opportunity to grow and learn.



Aseel Ibrahim, MD

Medical School: University of Arizona- Tucson

I chose internal medicine because it allows me to practice the art of medicine at its core- where critical thinking and empathy come together. I have always been drawn to storytelling, and internal medicine's broad scope of practice allows me to understand the stories behind the diagnoses of a wide range of patients. I am currently exploring clinical interests in allergy/immunology, rheumatology, and beyond.

I have had the privilege of completing my undergraduate studies, medical school, and now residency in our wonderful sunshine state. My personal experiences at HonorHealth shaped my understanding of how medicine truly should be: rooted in empathy. This institution provides care that sees the human behind the diagnosis. Beyond compassionate care, HonorHealth's dedication to innovation and excellence in academic medicine sealed the deal for me. Always a Sun Devil at heart, I am ecstatic about mentoring the next generation of physicians through ASU's new School of Medicine and Advanced Medical Engineering, where HonorHealth serves as the primary clinical affiliate.

Outside the hospital, I enjoy photography, gaming, reading, baking, and brewing tea.



Zain Majeed, MD

Medical School: University of Arizona College of Medicine Tucson

Born in Amman Jordan, moved to the states when I was a kid, grew up as an Arab American with all my family around me. Couldn't have asked for a better upbringing. After 8 years of undergrad and medical school in Tucson, I get to come home and be with my family and practice my dream job. Looking forward to this upcoming chapter of my life :)

Internal Medicine was a wonderful combination of all the things I love about the medical field. A perfect balance of patient care, investigative and critical thinking, advocacy, and a broad range of physiology and biochemistry.

The thing that stood out most to me about HonorHealth was the community and culture. After the interview I was truly moved at how healthy and inviting the culture seemed and I am excited to be a part of the community here. Add to that, having all my family be within a 15-minute drive and you really can't ask for more.

- Clinical Interest: Gastroenterology
- Hobbies: Eating, Gym, Video Games, Reading, Playing music, and Hosting Family Gatherings
- Passions: Music, Astronomy, Teaching, Cooking

Class of 2029



Amy Arias, MD/MPH, MMS

Medical School: University of Arizona College of Medicine Phoenix

I chose internal medicine because of its intersection of primary care and acute hospital medicine. I am passionate about primary care because it touches every stage of life and every aspect of medicine. It allows me to build lasting relationships, advocate for my patients, and care for them not just in moments of crisis, but throughout their entire journey. I am especially passionate about combining primary care with hospital medicine, caring for patients both in the clinic and during acute hospital stays, and being a consistent, compassionate presence throughout their entire healthcare journey.

What stood out to me the most about Honor Health Internal Medicine Residency was the environment and culture of the residents, attendings, staff and hospital. It was obvious that they care a great deal about allowing significant space for learning and I fell in love with the program while rotating as a third-year medical student. It was the perfect blend of learning in different environments, and I loved the fact that it is a smaller program with ample opportunity for a more tailored approach to residency.

Some of my favorite hobbies include spending time with my husband and three kids and attending as many of their sporting events as possible. I also love trying new coffee places!

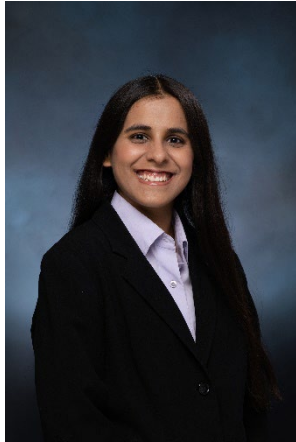


Samantha Avera, MD

Medical School: St. George's University

I chose Internal Medicine because I enjoy the breadth and complexity of the field and the opportunity to care for a wide variety of patients and conditions. I am also interested in pursuing fellowship training in the future, particularly in cardiology or pulmonary and critical care. This program stood out to me because of the strong sense of community within the hospital and its new partnership with ASU. Joining the program during a period of growth and expansion is especially exciting, and I look forward to contributing to and learning from such a dynamic environment.

Outside of medicine, I enjoy watching sports, building Lego sets, and working on puzzles. I also value spending time with my family and friends, as well as with my dogs, which helps me maintain balance and recharge outside of the hospital.



Shubhangi Awasthi, DO

Medical School: University of North Texas Health Science Center - Texas College of Osteopathic Medicine

I chose Internal Medicine because I enjoy working through complex clinical problems and caring for patients with multifaceted medical conditions. I value the intellectual challenge of clinical reasoning, coordinating care across specialties, and building meaningful connections with patients during some of their most vulnerable moments.

I am interested in Hospitalist medicine and look forward to exploring areas including Cardiology and Pulmonary/Critical Care during residency.

HonorHealth has been an important part of my life for many years. I first volunteered within the high school system, and several of my family members have received care here. Returning for a fourth-year sub-internship solidified my decision to train at HonorHealth. I was drawn to the supportive culture, strong emphasis on teaching, and genuine commitment to resident wellness. Attendings and residents consistently invested in my growth, creating an environment that balanced autonomy with mentorship and allowed me to develop both clinically and personally. Most importantly, HonorHealth felt like home, and the opportunity to complete residency close to my family makes this next chapter especially meaningful.

Outside of medicine, I enjoy hiking, crocheting, and staying active through tennis and swimming. I also love traveling, exploring new places, and spending time with family and friends.

I am passionate about education and mentorship, and I enjoy tutoring in my free time. I also have a strong interest in advocacy and serving underserved communities and hope to continue incorporating this work throughout my career.



Enkidia Awo, DO

Medical School: Midwestern University AZCOM

I was very excited to find out I matched my first choice at Honor Health Thompson Peak. I chose the program for several reasons. One of them being the support and uplifting of both the residents and the community. It's advancing and progressive qualities stuck out to me, such as it's incorporation of the proper AI tools, support of the LGBTQ+ community, and its wide array of electives offered. It allows us to learn how to be better for ourselves and for our patients.

Outside of residency, I love to spend time with my large and crazy Middle Eastern family. I like to embrace my Assyrian and Chaldean roots and traditions. I'm most likely spending time with my husband and my pug. When I'm not practicing how to be a doctor or mother to my newborn son, I'm looking for any reason to celebrate or host. My clinical interests include rheumatology and endocrinology. My passions include women's health and psychology/mental health.



Sarah Chamberlain, DO

Medical School: Rocky Vista University – Southern Utah

Hi, I'm Sarah Chamberlain, and I'm excited to be starting my Internal Medicine residency at HonorHealth. I chose Internal Medicine because I enjoy building long-term relationships with patients, helping manage chronic conditions, and partnering with people to improve their health over time. My clinical interests include outpatient medicine, particularly primary care, and the management of chronic diseases. What stood out most about HonorHealth was its supportive culture, strong sense of community, and commitment to providing excellent patient-centered care.

Outside of medicine, I love spending time with my husband and our tiny dog, Gibbs. You'll usually find us exploring the outdoors, camping, biking, or enjoying the Arizona sunshine whenever we can. I also love Pilates and cooking! I'm passionate about promoting healthy lifestyles and helping patients make sustainable changes that improve both their health and quality of life.



Makenzie Daniel, DO

Medical School: Pacific Northwest University of Health Sciences

Makenzie Daniel grew up in a small town in Hayden, Colorado, where she graduated with just 18 people. She attended Montana State University where she earned her bachelor's degree in cell biology and neuroscience. She attended medical school at Pacific Northwest University of Health Sciences. During her time there she realized she loved a wide breadth of medicine, with a particular interest in cardiology. HonorHealth stood out to her because of the close-knit feel that she is used to, except with much better weather.

In her free time, she enjoys trying new restaurants, reading, spending time with family and friends, and finding yet another plant to put in her home.



Ishan Gupta, DO

Medical School: Midwestern University Arizona College of Osteopathic Medicine

My interest in internal medicine began when my grandmother underwent open-heart surgery for worsening coronary artery disease and complications from type 2 diabetes. Witnessing the complexity of her care inspired me to pursue a field that emphasizes comprehensive patient care while offering opportunities for sub specialization. Through my clinical rotations, I found a strong sense of belonging on hospital rounds and hope to pursue a fellowship in cardiology.

My first audition rotation in internal medicine was at HonorHealth Thompson Peak, where I immediately felt welcomed by the supportive and close-knit culture with the attendings and residents. Combined with the program's strong reputation, partnership with ASU, and fellowship opportunities throughout the Valley, it became my top choice for residency training.

Outside of medicine, I enjoy following the NBA, playing basketball, tennis, and pickleball, and staying active whenever possible. I also have a lifelong passion for Bollywood dance, movies, and music, which continue to be an important part of my life.



Tyler Mueller, MD

Medical School: University of North Dakota

I was drawn to Internal Medicine because it combines complex clinical problem-solving with the opportunity to build long-term relationships with patients. I enjoy the breadth of pathology, the diagnostic challenges, and the ability to care for patients through some of the most important moments of their lives. Internal Medicine also provides a strong foundation for lifelong learning and offers flexibility to pursue my growing interest in cardiovascular medicine and preventative care. What stood out most about HonorHealth was the culture. Throughout the interview process, I was struck by how genuinely supportive, approachable, and invested in the residents and faculty were in one another's success. The

program offers excellent clinical training while maintaining an environment where residents are encouraged to grow both professionally and personally. I was also excited by the opportunity to train in the rapidly growing Phoenix metropolitan area, work with a diverse patient population, and learn from outstanding physicians.

Outside of medicine, I enjoy strength training, fitness, pickleball and watching my favorite Netflix shows. As a recent transplant from North Dakota, I look forward to spending more time outdoors, hiking, and taking advantage of everything the Southwest has to offer.



Caleb Ocheltree, DO

Medical School: ATSU Kirksville COM

Hello! My name is Caleb and I have lived in AZ most of my life. I was born in Corona, CA where most of my family resides today, but moved to Mesa when I was a young kid. I chose Internal Medicine because it was the only field I felt truly drawn to. I love the complexity that it brings, and I enjoy helping patients in the hospital get back on their feet. I am particularly grateful that I get to continue my medical training with HonorHealth, a hospital system that I feel truly embodies whole-person healthcare. Their gastroenterology fellowship is also something I hope to pursue in the future.

Today, I am a proud father and husband who married his high school sweetheart, Lauren. When I am not involved in medicine, I love being able to teach my son Henry (or Big Hank as we like to call him) new things about our world. Staying active is important to me, which is why you can find me playing golf or rec League softball during my free time. I am also a giant Chicago Bears fan and love to watch football games with my dad every Sunday. DA BEARS!



Sarah Paracha, MD

Medical School: St. George's University

I received my undergraduate degree from Loyola University Chicago and later pursued a master's degree in biomedical informatics at the University of Chicago. After working as a Clinical Data Standards Analyst, I attended medical school at St. George's University School of Medicine. Now, I am excited to return to Arizona to begin my training in Internal Medicine at HonorHealth.

I chose Internal Medicine because I enjoy the complexity and variety that comes with caring for patients with diverse pathologies and medical needs. I am currently interested in Hospital Medicine and value the flexibility within Internal Medicine to explore different subspecialties and potentially pursue fellowship training in the future. I also enjoy teamwork, continuity of care, and problem-solving aspects of inpatient medicine.

What stood out to me most about HonorHealth was the strong sense of community and support among the residents and faculty. The program prioritizes both resident education and well-being while fostering a positive learning environment. I was especially drawn to the program's growth mindset, hands-on teaching style, and the opportunity to train in a smaller program where residents are truly supported as individuals and future physicians.

Clinical Interest: Clinical Informatics, Hospitalist Medicine, Dermatology

Volunteering at lion habitats and animal shelters, true crime documentaries, traveling, and spending time with family and friends. One of my greatest passions is building meaningful connections with patients and helping them feel heard and supported during vulnerable moments in their lives. I strive to approach both medicine and life with curiosity and compassion while continuously working to become the best physician and teammate possible.

Preliminary – PGY-1

Class of 2030



Alex Dunn, MD

Medical School: Oakland University William Beaumont School of Medicine

I was born and raised in Minnesota and attended Oakland University William Beaumont School of Medicine in Michigan. Growing up, hockey was a big part of my life, and my experiences with sports-related injuries gave me an early appreciation for how injuries can affect daily life beyond the initial diagnosis. Those experiences helped shape my interest in recovery, function, and musculoskeletal medicine.

Outside of medicine, I enjoy golfing, hiking, hockey, and spending time with family and friends. With family in Arizona, I am excited to start residency at HonorHealth and get to know the Scottsdale/Phoenix area better.

I chose PM&R because of the way it combines anatomy, musculoskeletal medicine, neurologic recovery, procedures, and long-term patient care. I appreciate that the specialty focuses not only on diagnoses, but also on what patients are able to do and how to help them get back to the parts of life that matter most to them.

What stood out to me most about HonorHealth was the people I met and the culture I experienced throughout the application process. I had the opportunity to connect with residents, faculty, nurses, therapists, and other members of the care team, and I was struck by how approachable, supportive, and invested everyone was. I was also excited by the opportunity to train at Arizona's only PM&R residency program in a growing healthcare system, while being close to family. The combination of clinical opportunities, team culture, and location made HonorHealth the right fit.



Madilynn Hintz, MD

Medical School: Creighton University School of Medicine - Phoenix

My interest in dermatology began with my own experiences being treated for acne and scarring in high school. What impacted me most was having a physician who looked beyond my skin and recognized the emotional weight it carried. Since then, caring for patients has reinforced my desire to pursue dermatology. To me, this specialty is not only about treating the skin, but also about restoring confidence and fostering real human connection.

What stood out most to me about HonorHealth was its emphasis on compassionate, patient-centered care and its collaborative learning environment. I was especially drawn to the program's commitment to serving the community while developing well-rounded physicians. Outside of medicine, I enjoy hiking, gardening, fitness, rollerblading, line dancing, and attending weekly Bible study.



Andy Ho, MD

Medical School: Mayo Clinic Alix School of Medicine

Dr. Ho remained in his hometown of Las Vegas to attend the University of Nevada, Las Vegas for his undergraduate education before moving to Phoenix to earn his medical degree at Mayo Clinic Alix School of Medicine. He was drawn to dermatology for its unique combination of medical, surgical, and cosmetic care, as well as the ability to build meaningful longitudinal relationships with patients. His passion for dermatology is rooted in the profound impact that skin, hair, and nail conditions can have on a patient's quality of life, as well as their mental and emotional well-being.

He chose HonorHealth for his preliminary medicine internship and dermatology residency after experiencing its strong sense of community and supportive culture during his medical school rotation. He was especially drawn to the program's emphasis on resident mentorship, comprehensive clinical training, and commitment to serving a diverse patient population. His clinical interests include complex medical dermatology, procedural dermatology, and cosmetic dermatology. Outside of medicine, Dr. Ho enjoys weightlifting, hiking, snowboarding, attending music festivals, and spending time with friends and family.



Kevin Huang, DO

Medical School: Western University College of Osteopathic Medicine of the Pacific

I was born in Orange County, California and grew up in Los Angeles, where I developed my love for swimming. I moved back to orange county to attend UC Irvine for undergrad while also swimming for their club team and racing for their cycling team. During my gap years, I worked as a phlebotomist and spent my free time enjoying the outdoors and spending time with my friends and family before moving to Pomona, California for medical school. What drew me to HonorHealth was how welcoming both the faculty and residents were during my rotation.

What stood out most about HonorHealth was its unique role as Arizona's only PM&R residency program, offering the opportunity to help shape and contribute to the growth of physiatry in the state. I was also drawn to the program's supportive culture, strong mentorship, and diverse clinical training experiences. Ultimately, I chose HonorHealth because it provides an outstanding environment to develop as a physician while serving a growing and dynamic patient population.

Everything PMR interests me, but especially general rehabilitation, pain management, and sports medicine.

When I'm not in the hospital, you can find me lifting weights, trying out new restaurants, planning my next trip, finding any excuse to be outdoors, or unsuccessfully attempting to stick to a reasonable bedtime. I love experiences that bring people together, whether that's through food, travel, or a little friendly competition. My passions includes spending way too much time swimming, eating a lot of good food after, pretending I'll become a morning person, convincing myself that buying a plane ticket is a perfectly reasonable form of self-care, and explaining to my friends why PM&R is the best specialty.



Selim Nassirou, DO

Medical School: Des Moines University College of Osteopathic Medicine

I am originally from Jacksonville, Florida. Growing up, I had a wide range of interests, including playing soccer, football, track and field, Brazilian jiu-jitsu, and soccer. I continued my involvement in sports by playing club soccer throughout college. I completed my undergraduate studies at the University of Central Florida in Orlando and earned a Master of Science in Medical Sciences the following year at the University of South Florida in Tampa.

Prior to medical school, I gained experience in a variety of roles, including serving as a volunteer director for a nonprofit organization focused on mentoring and supporting homeless and at-risk youth, working as an emergency room scribe, a pediatric certified nursing assistant, and a teaching assistant for multiple anatomy cadaver labs. I moved to Des Moines for medical school and completed my clinical rotations in Chicago. I am looking forward to spending the next four years in Arizona as I continue my training.

I felt that PM&R offered the perfect blend of building meaningful, long-term relationships with patients while helping them navigate some of the most challenging periods of their lives. I was drawn to the opportunity to utilize both medical and musculoskeletal knowledge to optimize function and quality of life, helping patients return to the activities that bring them joy or discover new ways to continue doing the things they love. I also appreciate the patient-centered nature of the specialty and the diversity of both the conditions and patient populations that physiatrists have the opportunity to care for.

I was initially attracted to the variety of clinical settings through which residents rotate. As the only PM&R residency program in the Phoenix metropolitan area, HonorHealth offers exposure to a wide range of unique cases and opportunities to explore diverse interests within the specialty. During my fourth-year rotation with the program, it became clear that the program had everything I was looking for in a residency program. The faculty demonstrated a strong commitment not only to excellent patient care but also to maximizing educational and resident wellness opportunities. The camaraderie among the residents was immediately evident, as was the sense of community shared throughout the entire rehabilitation team, including physicians, nurses, therapists, and support staff.

My clinical interests include general rehabilitation, amputee care, spasticity management, spinal cord injury, sports medicine, and interventional spine. I am excited to explore these areas further and discover new interests along the way.

Outside of medicine, I enjoy spending time with my fiancée and our French Bulldog, cooking and discovering new restaurants, fitness, listening to music, attending concerts, and playing the guitar. I enjoy anything related to music or sports (especially the Jacksonville Jaguars)



Rohan Singh, DO

Medical School: Touro University Nevada College of Osteopathic Medicine

I was raised in Phoenix, Arizona, and attended Arizona State University, where I double majored in Biomedical Science and Global Health. I then attended Touro University Nevada College of Osteopathic Medicine, where I discovered my passion for Physical Medicine and Rehabilitation. Through my clinical experiences, I was drawn to PM&R's focus on restoring function, improving quality of life, and helping patients return to the activities that matter most to them. The specialty's collaborative approach and emphasis on maximizing function and independence solidified my decision to pursue a career in PM&R.

Having grown both personally and professionally in this state, and the opportunity to continue my medical training in a program that serves the community I call home is incredibly meaningful. HonorHealth's commitment to serving a diverse patient population aligns closely with my goal of giving back to the state that has shaped my journey in medicine. My audition rotation further solidified my enthusiasm for the program, as I was consistently impressed by the attentiveness of the attendings, who took time to teach both residents and students at the bedside and during formal educational sessions. The culture of mentorship, collaboration, and approachability fostered an environment where residents were encouraged to grow both clinically and professionally. Clinically, I am particularly interested in spinal cord injury, stroke rehabilitation, and traumatic brain injury, and I look forward to further developing these interests throughout my training at HonorHealth.

Outside of medicine, I enjoy working out, hiking, cooking, traveling, and following Arizona Sports and Arsenal FC.