

HonorHealth Orthopaedic Residents 2018-2019

Zack Johnson PT, DPT

Zack graduated from the University of Texas Health Science Center at San Antonio in 2016 and has worked in the nursing home setting for the past two years. In this setting his main focus was to rehab patients with various medical complications to return home safely. He achieved advanced certification through the Academy of Geriatric Physical Therapy; Certified Exercise Expert for Aging Adults. Since then Zack has discovered his main interest is orthopedics physical therapy and is in the Honor Health orthopedic residency program. When not at work Zack enjoys spending time outdoors and with his young family.

Jimmy Flis PT, DPT

Jimmy was born and raised in Cleveland, Ohio. He graduated from Cleveland State University in 2014 with a bachelor's degree in Health Sciences. He decided to continue on at Cleveland State University for graduate school, earning his doctorate in physical therapy in 2017. After graduation, Jimmy worked in Oxford, Ohio as a contract therapist in an outpatient orthopedics clinic. He then moved to the valley after accepting a position in HonorHealth's orthopedic residency program. Jimmy is a member of the American Physical Therapy Association and its Orthopedic and Neurology subgroups. He decided to pursue residency training to grow as a clinician and learn more about the management of orthopedic conditions, with an end goal of better serving his patients. Jimmy is eager to learn from HonorHealth's faculty members and their expansive knowledge base.

Kirsten Lightfoot, PT, DPT

Dr. Kirsten Lightfoot graduated from Gonzaga University where she earned her bachelor's degree in Biology and had the privilege to run cross country and track for the Gonzaga Bulldogs (Go Zags). Kirsten then attended Creighton University and earned her Doctorate of Physical Therapy in May 2018. While attending Creighton University, Kirsten identified her calling to specialize in orthopaedics within the realm of physical therapy. With a long history of volunteering and shadowing in the Honor Health medical system, Kirsten is excited to have accepted a position with the Honor Health Physical Therapy Orthopaedic Residency program. As a born and raised Phoenician, Kirsten is inspired to learn and develop as a clinician under the mentorship of the Honor Health Orthopaedic Residency program faculty-- all while honoring and serving a community that has played a pivotal role in her career, thus far. Kirsten is currently a member of the American Physical Therapy Association, an Orthopaedic section participant, and aspiring orthopaedic certified specialist. When not in the clinic, Kirsten is an avid runner, baker, and college basketball fan.