

MUSCULOSKELETAL MEDICINE C O N T I N U E D

Kunwar Khalsa MD

OrthoArizona
8405 N Pima Center Pkwy, Ste 101
Scottsdale, 602-493-9361

Nima Salari MD

Desert Institute
for Spine Care
1635 E Myrtle Ave, Ste 400
Phoenix, 602-944-2900

Christopher Yeung MD ¹⁰

Desert Institute
for Spine Care
1635 E Myrtle Ave, Ste 400
Phoenix, 602-944-2900

PODIATRY

Educated in podiatric medical colleges, these physicians devote themselves to the study, diagnosis and treatment of disorders of the foot, ankle and lower leg.

Kris DiNucci DPM ¹⁰

Foot and Ankle Center
of Arizona
7304 E Deer Valley Rd, Ste 100
Scottsdale, 480-342-9999

Lewis Freed DPM* ²⁰

OrthoArizona
6116 E Arbor Ave, Ste 118
Mesa, 480-964-2908

Melissa Galli DPM

The CORE Institute
18444 N 25th Ave, Ste 210
Phoenix, 866-974-2673

Douglas Griffin DPM

OrthoArizona
6116 E Arbor Ave, Ste 118
Mesa, 480-964-2908

Todd Gunzy DPM ¹⁰

OrthoArizona
6116 E Arbor Ave, Ste 118
Mesa, 480-964-2908

Todd Haddon DPM ¹⁰

OrthoArizona
6116 E Arbor Ave, Ste 118
Mesa, 480-964-2908

Payam Sarraf DPM

Foot + Ankle Specialty Centers
4915 E Baseline Ave, Ste 121
Gilbert, 480-812-3668

Ryan Scott DPM

The CORE Institute
9321 W Thomas Rd, Ste 205
Phoenix, 866-974-2673

Michael Sekosky DPM

Advanced Podiatry Arizona
3815 E Bell Rd, Ste 4300
Phoenix, 602-569-2321

Glenn Silverstein DPM ¹⁰

HonorHealth Scottsdale Osborn
Outpatient Wound Care
7400 E Osborn Rd
Scottsdale, 480-583-0500

RHEUMATOLOGY

From their initial internal medicine training, doctors here specialize in inflammatory diseases that affect soft tissues, autoimmune diseases, inherited connective tissue disorders and more.

Mark Freijjat MD*

Flow Rheumatology
7425 E Shea Blvd, Ste E100
Scottsdale, 480-613-3569

Paul Howard MD ²⁰

Howard Rheumatology
8763 E Bell Rd, Ste 102
Scottsdale, 480-485-5440

Hani Rashid DO

Arizona Arthritis and
Rheumatology Associates
4550 E Bell Rd, Ste 170
Phoenix, 480-443-8400

Paramvir Sidhu MD

HonorHealth Rheumatology
6220 W Bell Rd, Ste 130
Glendale, 480-587-6775

Trent Smith MD

Banner University
Medical Center
1441 N 12th St
Phoenix, 602-521-3000

Kristen Young DO

Banner University
Medical Center
1441 N 12th St
Phoenix, 602-521-3000



Nima Salari, M.D.

ORTHOPEDIC SPINE SURGERY

Med School/Year Graduated: Temple University, 2007
Years in Practice: 11

What is “ultra-minimally invasive endoscopic spine surgery”? How minimally invasive can spine surgery possibly be?

Since the mid-1990s, we've performed ultra-MIS procedures on select cases through a quarter-inch incision using fluoroscopic guidance and a high-definition endoscope-camera. Today, we treat a wider range of spinal issues with the same tiny incision.

Is minimally invasive the norm now, or do certain spine maladies require traditional surgery?

We recommend procedures and techniques tailored to achieve the best outcomes for each patient. Thanks to advancements like robotics, we can often provide less invasive options, even for complex spine surgeries. Patients benefit from shorter hospital stays and quicker recovery times.

Have you or someone close to you ever had a spinal injury? How did it affect your care approach?

My mother recently suffered a compression fracture. It's always difficult to witness a loved one in pain. I approach each patient with the same personalized care, empathy and compassion that I would provide for a family member.

What are most patients' fears going into spine surgery? How do you assuage them?

When someone is in pain, they want to know if there's a way to alleviate it. It all begins with the right diagnosis. From there, a tailored treatment plan, effective communication and setting expectations go a long way.

Tell us about the single most exciting or promising technological advancement in your field.

Motion preservation. We see more implant options that replace the disc or the supporting joint structures and still allow freedom of movement. We also have percutaneous options for making inflamed vertebrae less painful, along with endoscopic solutions to target pain generators.

One of our editors thinks you look a lot like celebrated filmmaker and actor Taika Waititi. Do people ever say you look like a certain celebrity?

I'm a big fan of Waititi's work! My biggest claim to fame is when patients recognize me from our website, and more importantly, when they were referred to me by a loved one. That's truly the greatest compliment I could receive.

You did undergrad in Pittsburgh and medical school in Philadelphia. Does that make you a Steelers or Eagles guy, or – since you grew up in Germany – is that the wrong kind of football?

I've moved a lot! I typically root for the home team. I have high hopes for the Cardinals. And while we're hinting at the *right* kind of football, I'm excited to see how the Phoenix Rising builds on last year's success.

What are your other hobbies and interests outside medicine?

My daughter and son keep me very busy outside of work. I stay in shape, and my wife and I love to travel. Otherwise, I tend to nerd out on personal finance books and podcasts.

What are you streaming on TV these days?

You mean, besides what the kids want to watch? Aren't all parents streaming *Bluey*, *Peppa Pig* and *Blippi*? They rule the roost these days.

“If I wasn't a doctor, I'd be...”

A farmer. My grandfather was a pistachio farmer, so it's in my blood. Being a doctor isn't so different from farming, really. We're both just doing our part, trying to help another living thing reach its potential and thrive.