



Meet Our Residents



Duke Orthopaedic Surgery



Megan Badejo, MD
Hometown: Dallas, Texas
Where did you attend college/university? The University of Texas, Dallas
Where did you attend medical school?

Texas A&M Health Science College of Medicine
What were you looking for in a residency program?
 An environment that invested in more than just the 'trainee', but supported being the foundation for my life trajectory and pursuits. I sought out a program that was big on resident education in and out of the OR, and had a culture that was conducive to putting me in the best position to learn and grow.

What are your research and clinical interests at this time?
 Psychosocial implications in QoL measures perioperatively, disparity mitigation, global orthopaedics, medical education, DEI; Interested in all clinical subspecialties.

Where did you choose to live, and why?
 It's halfway between Durham and Raleigh. It's convenient for getting to the different hospitals and provides easy access to many great social spaces. The airport is a 10-minute drive away!

What do you like to do outside of medicine?
 Dance, karaoke, sporting events (really-just basketball and football), exploring, game nights (really-just Uno), movie nights, online shopping, travel, BRUNCH.



Rafeal Baker, MD
Hometown: Brunswick, Georgia
Where did you attend college/university? Morehouse College
Where did you attend medical school? Duke University School of Medicine

What did you do after college?
 I did a two-year research fellowship at the NIH.

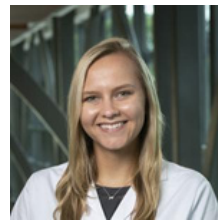
What were you looking for in a residency program?
 I was looking for a well-rounded program with a strong culture amongst the residents and attendings and great operative exposure to all subspecialties within orthopaedics.

What are your research and clinical interests at this time?
 I am interested in health disparities in orthopaedics, shoulder research, trauma, and clinical outcomes research, but I am also open to all other areas at this time.

Where did you choose to live, and why?
 I decided to stay in the same apartment that I lived in during medical school, which is very close to the Hospital, off Morreene Road. This is an ideal location, as everything is typically only 10 minutes or less away.

What do you like to do outside of medicine?
 I am a former athlete, and I enjoy playing pick-up basketball, working out, hanging out with friends and family, watching movies, playing NBA fantasy basketball, traveling, and playing chess and cards.

Any other information you'd like people to know?
 I am the first physician in my family and plan to continue to be a trailblazer for others interested in orthopaedics from similar backgrounds.



Anna Bryniarski, MD
Hometown: Homer Glen, Illinois
Where did you attend college/university? Washington University, St. Louis
What did you do after college? I stayed in St. Louis after college,

continuing my translational research on muscle physiology and the rotator cuff.

What were you looking for in a residency program?

I sought a well-balanced program with outstanding surgical training, robust research, and a strong educational curriculum. I also wanted a program with a strong sense of comradery and a culture of excellence among residents.

What are your research and clinical interests at this time?

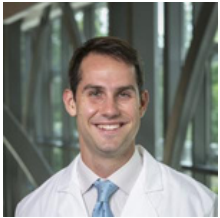
I am currently interested in biomechanical and translational research in all areas of orthopaedics. I am very undecided, but I am interested in trauma and foot and ankle.

Where did you choose to live, and why?

I'm living in a house about 10 minutes away from the hospital. I wanted a yard for my dog, Otis, but I wanted to be close to the hospital, downtown, and trails.

What do you like to do outside of medicine?

In my free time, I enjoy all things outdoors--I love climbing, skiing, backpacking, and biking. I spend as much time as possible with my dog Otis (who is the best dog ever), and I'm a big fan of cooking and baking.



Grant Cabell, MD

Hometown:

Chapel Hill, North Carolina

Where did you attend college/university? The University of North Carolina at Chapel Hill

Where did you attend medical

school?

Duke University School of Medicine

What were you looking for in a residency program?

I wanted a close-knit residency program, with great operative experience, research opportunities, and a good college town.

What are your research and clinical interests at this time?

Patient preferences, surgical outcomes, phenotypic characterization, psychological profile of orthopaedic patients.

Where did you choose to live, and why?

Hope Valley Farms – for its proximity to the hospital and affordability.

What do you like to do outside of medicine?

Basketball, running, cycling, singing, listening to music, and smoking meats!



Ethan Cottrill, MD, PhD, MSED

Hometown:

South Salem, Ohio

Where did you attend college/university?

Ohio University, Athens, Ohio

Where did you attend medical school?

Johns Hopkins University (MD and PhD in Biomedical Engineering).

What did you do after college?

I taught middle and high school science in Arkansas with Teach for America and earned my master's degree in education.

What were you looking for in a residency program?

Duke has a strong, supportive culture and a commitment to excellence. Its program is dedicated to patient care, teaching, and research. Location was also important to me, including being in a place my partner and I could imagine being happy. I wanted to be at Duke for all these reasons and more.

What are your research and clinical interests at this time?

I am passionate about basic/translational science research, including research based on materials science and biomedical engineering. There is enormous potential for innovation in orthopaedic surgery through materials science/biomedical engineering research.

Where did you choose to live, and why?

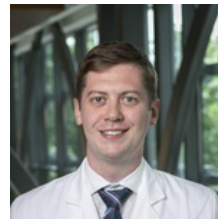
I chose to live near the Eno River State Park – my partner and I love the outdoors and the commute to Duke University Hospital is only about 10 minutes.

What do you like to do outside of medicine?

Just about anything outside! I grew up on a farm and still love farming. I also love spending time with my family and friends, and I enjoy playing and watching most all sports.

Any other information you'd like people to know?

I couples matched! My partner was matched into the Duke Internal Medicine residency program. We are so happy and thankful to get to be Blue Devils.



Eoghan Hurley, MBBCh, PhD, MSc

Hometown:

Dublin, Ireland

Where did you attend medical school?

Royal College of Surgeons in Ireland,

What were you looking for in a residency program?

I was looking for a resident-focused program that is well-rounded in all subspecialties and would allow me to excel once I left. Duke has incredible opportunities in all areas, from further developing clinical skills to research opportunities.

What are your research and clinical interests at this time?

I'm interested in Shoulder/Sports; my PhD was focused on shoulder instability.

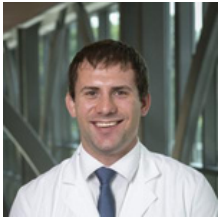
Where did you choose to live, and why?

I chose to live beside the campus because when I first moved, I had never driven on this side of the road (we drive on the left in Ireland).

What do you like to do outside of medicine?

I follow the Cleveland Browns and am a big Irish rugby fan.





Alex Meyer, MD

Hometown:

Pleasant Hill, Iowa

Where did you attend college/university? The University of Iowa

What did you do after college?

Wrestled and coached Hawkeye Wrestling Club.

Where did you attend medical school?

University of Iowa-Carver College of Medicine

What were you looking for in a residency program?

I was looking for a resident-focused program that is well-rounded in all subspecialties and offers many research and education opportunities. Duke provides this and excellent surgical training and sets you up to do anything in orthopaedics following residency.

What are your research and clinical interests at this time?

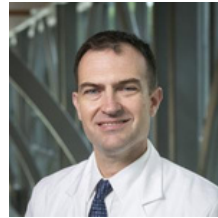
I am interested in all things orthopedics. My previous research focuses on hip preservation and surgical education.

Where did you choose to live, and why?

My wife, my dog, and I live in Northeast Durham. We could buy a house there and still be close to the hospital.

What do you like to do outside of medicine?

I follow the University of Iowa athletics, playing with my black lab and attending concerts.



Jacob "Jake" Torrey, MD

Hometown:

Bradford, Vermont

Where did you attend college/university?

United States Military Academy at West Point

What did you do after college?

I served in the U.S. Army and then started a farm.

Where did you attend medical school?

Geisel School of Medicine at Dartmouth

What were you looking for in a residency program?

I wanted a program with a strong team environment and great operative training. I don't believe there's another program that focuses so much on its people as Duke!

What are your research and clinical interests at this time?

I've enjoyed all aspects of ortho, but narrowing my focus will be a real challenge over the next years.

Where did you choose to live, and why?

We bought a house in Old West Durham in a great neighborhood that is walkable to the hospital, shops, and school for the kids.

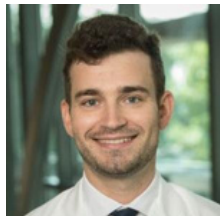
What do you like to do outside of medicine?

I like to spend time with my family. We enjoy being outside gardening, running, hiking, and skiing.

Any other information you'd like people to know (i.e: about your family, future plans, etc.)

The Durham area is fantastic, but I'm still working to find the NC replacement for making maple syrup and apple cider, the events that anchor each year in Vermont!





Zachary Aman, MD

Hometown:

Johnstown, PA

Where did you attend college/university?

Colorado College

Where did you attend medical

school?

Sidney Kimmel Medical College at Thomas Jefferson University

What were you looking for in a residency program?

I sought a program with a strong tradition of producing leaders in the orthopaedic surgery field. Equally important to me were camaraderie, mentorship, and abundant opportunities for growth and development.

What are your research and clinical interests at this time? While my research interests remain broad, I am particularly focused on meniscus and anterior cruciate ligament injuries, multidirectional shoulder instability, and posttraumatic osteoarthritis of the knee.

Where did you choose to live and why?

I chose to live in downtown Durham to enjoy the convenience of being within walking distance of all the amazing attractions, restaurants, and activities the city has to offer.

What do you like to do outside of medicine?

Outside of medicine, I enjoy staying active by playing ice hockey, golf, and pickleball.



Olivia Blaber, MD

Hometown:

Haddonfield, NJ

Where did you attend college/university?

University of Pennsylvania

Where did you attend medical school?

Sidney Kimmel Medical College at Thomas Jefferson University

What were you looking for in a residency program?

I was looking for a program where I would get robust hands-on surgical experience, strong exposure across all subspecialties, and most importantly, be a part of a team-based culture. On my away rotation at Duke, I found the collegiality of the program to be exactly what I was looking for.

What are your research and clinical interests at this time?

Clinically, I'm excited to learn about all areas of orthopedics. My research to date has focused on clinical outcomes in orthopedic sports medicine and reducing perioperative opioid consumption using multimodal analgesics.

Where did you choose to live and why?

I chose to live in an apartment downtown to be within walking distance of all that downtown Durham has to offer while also being a quick drive to the hospital.

What do you like to do outside of medicine?

I enjoy getting outside to run, hike, play soccer, surf, ski, or read a good book. I love watching all Philadelphia sports teams but especially the Eagles – Go Birds!



Chanell Brown, MD, MPH

Hometown:

Cleveland, OH

Where did you attend medical school?

Miami University (undergraduate); George Washington University (graduate)

Where did you attend medical school?

The University of Toledo College of Medicine and Life Sciences

What were you looking for in a residency program?

I really wanted a program where I would be valued as a person, a program that valued diversity, and where the residents interacted with one another as a family. Imagine my excitement when I recognized Duke had all of those things and more!

What are your research and clinical interests at this time?

As of now, I am interested in outcomes and medical education research. However, I am very open to exploring other clinical interests and basic science research in orthopaedics.

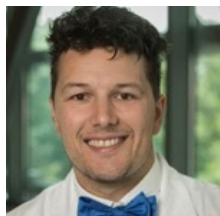
Where did you choose to live and why?

We chose to live in Chapel Hill because it is near the hospital and where my husband will work.

What do you like to do outside of medicine?

I enjoy spending time with friends and family, being a foodie exploring local cuisines, and being active.





Allen Champagne, MD

Hometown:

Montreal, QC, Canada

Where did you attend college/university?

The University of North Carolina at Chapel Hill

Where did you attend medical school?

Queen's University

What were you looking for in a residency program?

I was looking for a diverse resident-focused program where the culture was proudly founded upon teamwork and collegiality. Moreover, I sought a residency program promising a robust clinical and operative experience, built in parallel with dedicated commitments to education and patient care, as well as strong ties to the cutting-edge of academic orthopaedics, providing opportunities to leverage the research infrastructure to challenge, advance and transform the ways by which we optimize the clinical management of orthopaedic injuries.

What are your research and clinical interests at this time?

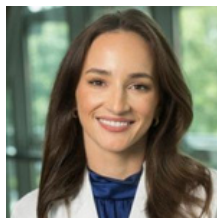
Anything orthopaedics and with a strong clinical interest for combining trauma and sports/spine/joints, as well as the challenges of health inequities and access to care, with aspiring goals to alter the trajectory of post-traumatic arthritis and maximize functional recovery. Currently, my research seeks to integrate advanced imaging biomarkers for articular cartilage as substrates for understanding the development and prevention of osteo- and post-traumatic arthritis. I also have a niched interest in the interplay between neurofunctional imprinting, neuroplasticity and biomechanics following traumatic MSK injuries, as a tool to optimize clinical management, rehabilitation and return to activity.

Where did you choose to live and why?

My wife and I opted to live East of Durham whereby we could afford to rent a detached home in a safe neighborhood with close community amenities for our young daughter to enjoy the North Carolina weather, and enough space to welcome our son in July 2023 and host the squad!

What do you like to do outside of medicine?

Life outside medicine revolves around my wife, Ryley, daughter, Juliette, soon-to-come son, and our Beernedoole Tucker. We love to spend our weekends cheering for the Heels on gameday, chasing gateways at the beach, or the mountains, and exploring the food scene that the Raleigh, Durham, Chapel Hill area offers. Otherwise, anything sports, 4Runners, workouts, start-ups or chocolate milk gets me fired up.



Lindsey Droz, MD

Hometown:

Hazlehurst, Georgia

Where did you attend college/university?

Palm Beach Atlantic University (undergraduate); West Texas A&M University (graduate)

Where did you attend medical school?

Jerry M. Wallace School of Osteopathic Medicine, Campbell University

What were you looking for in a residency program?

My primary objective in selecting a residency program was one with a pervasive culture of excellence that prepared its trainees to confidently practice in academic, community, and military settings. During my rotation, I experienced firsthand the type of individual given the opportunity to train and teach at Duke Orthopaedics. They consistently exhibited high moral character and compassion for their patients, tremendous work ethic in the lifelong pursuit of operative excellence, and a fundamental curiosity that fuels research initiatives and clinical innovation.

What are your research and clinical interests at this time?

I am interested in regenerative medicine research, from fundamental nutrition optimization to advanced cellular reparative mechanisms and bioengineering (i.e., adaptive immunity and cellular differentiation, three-dimensional bioprinting, etc.). In my novice experience, I have also found that clinical research primes the mind for innovation and provides an algorithm to better address patients' individual problems.

Where did you choose to live and why?

My husband and I currently rent a home five minutes from Duke. We searched for a residence 5-10 minutes from Duke University Hospital with a yard for our dog. Hoping to buy soon.

What do you like to do outside of medicine?

I love horses, Salsa dancing, CrossFit training, traveling with my family, and anything outdoors with my husband and Blue Heeler, Adonis!



Emily Harman, MD, MS

Hometown:

Petersburg, WV

Where did you attend college/university?

Syracuse University (undergraduate); West Virginia University (graduate)

Where did you attend medical

school?

Geisel School of Medicine at Dartmouth

What were you looking for in a residency program?

I was looking for a world-class training environment with a focus on resident development in all areas of clinical orthopaedics, education, and research. During the match process, the storied collegiality of Duke Orthopaedics was palpable, and I was confident I would be held to the highest standards throughout my training. After feeling at home in Durham on my visit, I knew Duke was the best opportunity for my professional and personal development.

What are your research and clinical interests at this time?

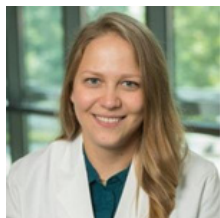
My current interests are broad, and I look forward to exploring the vast opportunities at Duke.

Where did you choose to live and why?

I chose to rent a townhouse in North Durham to have a bit more space while still being close to the hospital and downtown.

What do you like to do outside of medicine?

I love to stay active, and I am a sucker for most outdoor activities. I am especially looking forward to more water sport adventures, golfing, and Durham Bulls games!



Iryna Ivasyk, MD, PhD

Hometown:

San Diego, CA

Where did you attend college/university?

Cornell University (undergraduate); Rockefeller University (graduate)

Where did you attend medical school?

Weill Cornell Medicine

What were you looking for in a residency program?

I was looking for a strong collaborative environment with residents who were eager to help each other improve and attendings who were invested in teaching.

What are your research and clinical interests at this time?

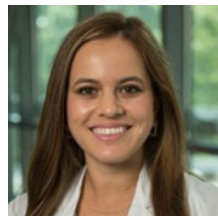
My research background is in genetic engineering and I am interested in exploring genetics in the context of orthopaedic pathology. Clinically, my interests are broad and I looking forward to rotating through each clinical subspecialty.

Where did you choose to live and why?

My husband and I chose to live in downtown Durham with our golden retriever. Coming from New York City, we are excited to be within walking distance of many restaurants, coffee shops, and the Durham Performing Arts Center.

What do you like to do outside of medicine?

I enjoy spending time with my husband and our dog Teddy, bouldering, reading, and photography.



Isabel Prado, MD, MS

Hometown:

Sugar Land, Texas

Where did you attend medical school?

Stanford University (undergraduate); Yale School of Public Health (graduate)

Where did you attend medical school?

Duke University School of Medicine

What were you looking for in a residency program?

I looked for residency programs with strong training and a sense of community. I am lucky to have found both at Duke, where residents feel supported by faculty as well as by one another.

What are your research and clinical interests at this time?

I am interested in socioeconomic and gender disparities outcomes research, but I am still open-minded about my clinical interests! Looking forward to gaining clarity in the next few years.

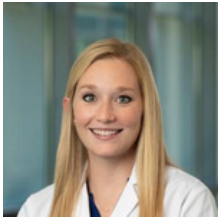
Where did you choose to live and why?

I live in a townhome in South Durham, which is only a 10-minute commute. Having lived closer to downtown in medical school, I like the change in atmosphere. It's also nice living closer to the American Tobacco Trail and other parks.

What do you like to do outside of medicine?

I love spending time outside or being active, especially playing tennis, community gyms, or hanging out with my dog. I also enjoy exploring the food scene in the Triangle and trying new restaurants, coffee shops, and ice cream. Lastly, I love live music and finding nearby concerts with friends.





Taylor Bradley, MD
Hometown:
Brookhaven, GA
Where did you attend college/university?
Georgia State University
Where did you attend medical

school?
University of Kentucky

What were you looking for in a residency program?

I was drawn to a residency program that could shape me into a highly skilled, competent, and compassionate orthopaedic surgeon. As a former Division-I softball player, I deeply value camaraderie and teamwork—qualities that were immediately evident at Duke. Duke's orthopaedic program stands out for its high operative volume, robust history of exceptional fellowship matches, and abundant opportunities for research, leadership, and volunteer activities. Additionally, Duke Orthopaedics' commitment to diversity and inclusion, a principle I hold dear, solidified my decision.

What are your research and clinical interests at this time?

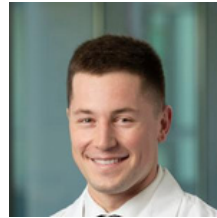
My current interests span broadly, as I remain open-minded to all orthopaedic subspecialties. That said, I have a particular passion for working with pediatric patients and a keen interest in sports medicine, influenced by my background in competitive athletics.

Where did you choose to live and why?

I chose to settle in a house with a fenced-in backyard to indulge my goldendoodle, Bentley, who is thoroughly spoiled!

What do you like to do outside of medicine?

Outside of medicine, I cherish time with friends and family, especially over sushi or Italian food paired with a glass of cabernet. Whether it's rappelling down 150-foot canyons in Zion National Park, playing intramural flag football, or enjoying a game of pickleball, I'm often outdoors or engaged in competitive sports. Of course, I also have a soft spot for binge-watching reality TV with Bentley by my side!



Mark Glover, MD
Hometown:
Waxhaw, NC
Where did you attend college/university?
Lafayette College

Where did you attend medical school?

Wake Forest University School of Medicine

What were you looking for in a residency program?

Team sports have been a huge part of my life thus far, where the sum of everyone is far better than any individual alone. For that reason, I was looking for stellar orthopaedic training and a close-knit team of residents, attendings, and supporting staff. I saw this first-hand while rotating at Duke and understood early that they check both of these boxes, and then some! Not only did they consistently deliver in the clinics, operating room, and outside of the hospital, but they also enjoyed their time together while doing it as a team.

What are your research and clinical interests at this time?

Although admittedly novice in experience, the vast majority of my research to date has been in orthopaedic sports medicine, especially in the shoulder. From the management of overhead athletes with shoulder instability to kinematics in baseball pitching to improvements in reverse total shoulder arthroplasty, patients with shoulder pathologies, especially athletes, are an incredible population to treat. I still have a world to learn and look forward to doing so in the coming years.

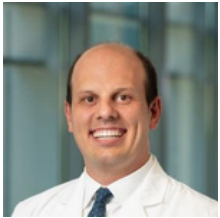
Where did you choose to live, and why?

I chose to live in a small home within a 15-minute drive from the hospital.

What do you like to do outside of medicine?

I enjoy staying active through working out, pick-up basketball, walking my dog, and hanging out with family and friends.





**Alexander Hodakowski, MD,
MMS**

Hometown:

Hinsdale, IL

**Where did you attend
college/university?**

Washington University in St. Louis

Where did you attend medical

school?

Rush Medical College of Rush University

**What were you looking for in a residency
program?**

I was most interested in a program that combines a robust clinical experience with a collaborative and enthusiastic team of peers. Following my away rotation at Duke, I was certain that Duke would be the ideal learning environment for me. The residents were clinically excellent but equally as important, they had great camaraderie and actively supported each other. The faculty at Duke are leaders within their subspecialties and I am very excited to be a part of the family.

**What are your research and clinical interests at
this time?**

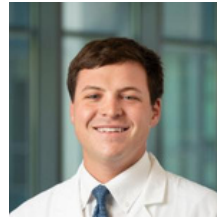
To date, my research projects have included pitching biomechanics optimization to decrease injury risk, shoulder joint infections, physician utilization of social media, and search term analysis of common orthopaedic problems. My clinical interests have generally been aligned with my research interests; however, I am eager to explore all the subspecialties within orthopaedics.

Where did you choose to live, and why?

I chose to live in downtown Durham to be able to experience a new city and easily commute to the main hospitals.

What do you like to do outside of medicine?

I enjoy staying active and I am a hopeless Chicago sports fan. I am excited to explore all that Durham has to offer, as well as the surrounding areas, with hopefully a few rounds of golf with my co-residents when time allows.



Mark Karavan, Jr., MD

Hometown:

Myrtle Beach, SC

**Where did you attend
college/university?**

University of South Carolina

Where did you attend medical school?

University of South Carolina School of Medicine

**What were you looking for in a residency
program?**

I was looking for a strong operative experience, research opportunities, and a culture of camaraderie among residents and attendings.

**What are your research and clinical interests at
this time?**

I remain open-minded clinically and look forward to rotating through all subspecialties of orthopaedic surgery. My research interests include fracture repair, nutrition, and artificial intelligence.

Where did you choose to live, and why?

I chose to live on Ninth Street in Durham because of its convenient location and the surrounding community.

What do you like to do outside of medicine?

I enjoy golfing, surfing, pick-up basketball, and spending time with friends and family.





Alexander Parsons, MD, MSc
Hometown:
Fayetteville, GA
Where did you attend college/university?
University of Georgia

Where did you attend medical school?

Medical College of Georgia School of Medicine

What were you looking for in a residency program?

I believe most orthopaedic surgery residency programs will do an excellent job of training future surgeons. I prioritized an institution with additional opportunities to excel above and beyond what most programs offer. I sought a program with a supportive and collaborative learning environment, residents who love their work, experienced faculty mentors, and access to the best research opportunities. A strong emphasis on teamwork, patient-centered care, and a well-rounded curriculum were also important factors in my decision-making process. Ultimately, I aimed to join a residency program that would provide me with the knowledge, skills, and resources to excel as I pursue a future fellowship and career as an orthopaedic surgeon, and that was Duke.

What are your research and clinical interests at this time?

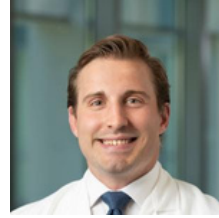
My interest in orthopaedic research has been fueled by my prior experience in spine surgery research. Through my involvement in studying spinal pathologies, surgical interventions, and postoperative outcomes, I have developed a deep appreciation for the complexities of spinal disorders and the potential for research to inform clinical practice. Additionally, with my background in occupational health with Delta Air Lines, I wish to continue investigating the biomechanics of the human body in the context of work-related injuries and how orthopaedic surgeons can assist employees in returning to work healthy.

Where did you choose to live, and why?

We chose to live in north Durham. We wanted a place big enough for our kids to play, access to parks and hiking trails, space for some grilling, and the home gym.

What do you like to do outside of medicine?

I enjoy starting my day at the gym, followed by quality time with family and friends watching college football, breaking out the grill, and sharpening my grill master skills.



John "Jack" Twomey-Kozak, MD
Hometown:
Hillsborough, NC
Where did you attend college/university?
Brown University
Where did you attend medical

school?

Duke University School of Medicine

What were you looking for in a residency program?

Duke offers everything I was searching for; a world-class operative and clinical experience, top-notch faculty mentorship, extensive didactics incorporated into the curriculum, and abundant basic, translational, and clinical research opportunities. The ultimate selling factor for me, however, was the genuine family and team-based culture amongst the residents. As a North Carolina native, it's a true honor to serve the community that molded me into the person I am today.

What are your research and clinical interests at this time?

I am passionate about basic and translational science research specializing in molecular and cell biology and biomedical engineering. Clinically, I am drawn to sports medicine, traumatology, and shoulder and elbow.

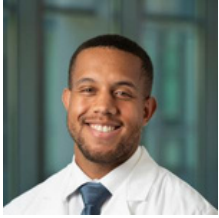
Where did you choose to live, and why?

My wife and I currently live east of Durham in a townhome community. We have a 3-year-old lab mix, so our spot provides plenty of greenspace while offering affordability and convenience to Duke.

What do you like to do outside of medicine?

Watching and playing any and all sports. Lifting weights, working out, fishing, hiking, and coaching the Orange High School wrestling team (my alma mater in Hillsborough).





Micah White, MD, MS
Hometown: Memphis, TN
Where did you attend college/university? University of Tennessee - Knoxville

Where did you attend medical school? University of Tennessee, College of Medicine

What were you looking for in a residency program?

The goal for me was to find a residency program where I would become an excellent orthopaedic surgeon. I believed this would come from finding a residency program with outstanding operative experience, significant clinical volume, and access to research opportunities. I also value the comradery of the residency program.

What are your research and clinical interests at this time?

I am currently interested in clinical research focused on improving the surgical and clinical care of patients in orthopaedics over my lifetime.

What do you like to do outside of medicine?

I enjoy going to the gym and being physically active, which comes from a long history of playing sports. Because of this, I continue to follow college and professional football and basketball. I enjoy spending time with friends and family while also experiencing new foods and trying new restaurants.



Caroline Wu, MD
Hometown: I spent my childhood in northwest China near the Mongolian border, then moved to Roswell, GA.

Where did you attend college/university?

Georgia Institute of Technology

Where did you attend medical school?

Georgetown University School of Medicine

What were you looking for in a residency program?

Resident culture, attending mentorship, operative experience in that order! When I interviewed at Duke, I could immediately tell how caring and invested everyone was in helping me reach my full potential as a future caregiver, doctor, and surgeon. I knew with great confidence that my professional objectives and personal aspirations would be well-supported at Duke.

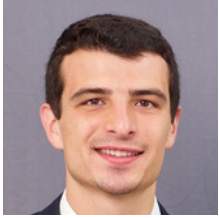
What are your research and clinical interests at this time?

Within orthopaedics, I'm most interested in spine, tumor, and pediatrics. I own a few medical device patents as well, so material science, mechanical engineering, and experimenting with patent design are all a part of my interests. Within general medicine, I am interested in the non-profit sphere.

What do you like to do outside of medicine?

I love spending time with my friends and family. Outside of that, I love to play and teach classical piano and violin, cook, explore restaurants and boba shops, color-coordinate my closet, and try my hand at calligraphy.





Alex M. Bassil, MD
Hometown:
Durham, North Carolina
Where did you attend college/university?
University of North Carolina - Chapel Hill

Where did you attend medical school?

Duke University School of Medicine

What were you looking for in a residency program?

When looking for the ideal residency program, I had a few key criteria. First, I wanted a program that prioritized operative excellence, with mentors who are truly invested in developing residents' surgical techniques and skills. Second, I sought proximity to research opportunities that would help shape us into future leaders in the field. Third—perhaps most importantly—I was looking for a family-like culture. Duke excelled in these areas, making it the clear choice for me!

What are your research and clinical interests at this time?

Most of my research experience thus far has been in orthopedic oncology, focusing on pre-clinical models to more effectively study various treatment modalities, including surgery, radiation, and immunotherapy. As I progress through residency, I look forward to expanding my research interests and exploring new areas of study.

What did you do after college?

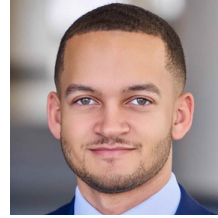
Research lab studying sarcomas

Where did you choose to live, and why?

I live in a townhouse situated between Durham and Chapel Hill. Durham is very affordable, and traffic is usually not an issue.

What do you like to do outside of medicine?

I enjoy watching all sports but primarily follow the Carolina Hurricanes hockey team and my alma mater, the UNC men's lacrosse team.



Mikhail A. Bethell, MD, MS
Hometown:
Nassau, Bahamas
Where did you attend college/university?
Boston College

What did you do after college?

I obtained a Master's in Biomedical Sciences.

Where did you attend graduate school?

Duke University School of Medicine

Where did you attend medical school?

Duke University School of Medicine

What were you looking for in a residency program?

I was looking for a residency that offered strong clinical and operative training, excellent faculty mentorship, a well-rounded curriculum with great didactics, and ample research opportunities while fostering a collaborative and supportive environment. Finding a program that embraces diversity and prepares residents for various fellowship opportunities was also important. As someone from the Bahamas, I wanted a residency program that felt like a second home—one that would provide the support and resources necessary for my professional and personal growth in orthopaedic surgery. Duke met all of these needs and more!

What are your current research and clinical interests?

My current research and clinical interests include health disparities, trauma, and shoulder arthroplasty, though I'm open to exploring other areas throughout my training at Duke.

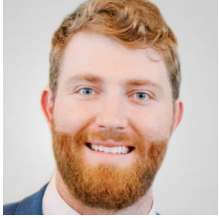
Where did you decide to live, and why?

We live in a townhouse in North Durham, which is in a great neighborhood, close to the hospital and our friends.

What do you enjoy doing outside of medicine?

My wife and I enjoy watching movies and exploring new restaurants and breweries around Durham. I enjoy running, lifting weights, and attending sporting events.





Clark Bulleit, MD
Hometown:
Tampa, Florida
Where did you attend college/university?
Duke University

What did you do after college?

An entrepreneurial endeavor.

Where did you attend medical school?

Duke University

What were you looking for in a residency program?

During my residency interviews, I was consistently drawn to programs that provided a training environment similar to Duke's. I sought a program with significant research opportunities that also emphasized clinical and surgical training, where I could learn from leaders in the field. A close-knit, supportive resident community and a place offering an affordable and comfortable living environment for my family were essential. Having called Duke and Durham home for the past 10 years, I'm deeply grateful for the chance to continue my journey here.

What are your current research and clinical interests?

During medical school, my primary focus was on sports medicine, particularly shoulder instability, a condition experienced by many of my teammates and myself. While this area continues to be a strong interest, I am also eager to broaden my exposure to other subspecialties during my training.

Where did you decide to live, and why?

With a one-year-old daughter and two large dogs, my wife and I were looking for a home that provided ample space while remaining close to the hospital. Fortunately, we discovered the perfect place in North Durham.

What do you enjoy doing outside of medicine?

Spending time with family is my top priority, so when I'm not working, you'll often find me with my wife and daughter at the Museum of Life and Science or exploring trails along the Eno River. I also enjoy grilling and watching football on weekends, and whenever possible, I like to return to Florida for some fishing and diving.



Hayden Elizabeth Harvard, MD
Hometown:
Alpharetta, Georgia
Where did you attend college/university?
Auburn University

What did you do after college?

I worked for a plastic surgery private practice in Atlanta, GA.

Where did you attend medical school?

Mercer University School of Medicine - Savannah

What were you looking for in a residency program?

I was looking for a residency program where residents and faculty genuinely valued and supported each other, creating an environment conducive to personal and professional growth. As a visiting research scholar and away rotator, I had the privilege of experiencing firsthand the exceptional camaraderie, outstanding operative training, and unwavering commitment to patient care that define Duke Orthopaedics. I immediately knew I wanted to be part of such an exceptional program.

What are your current research and clinical interests?

My research and clinical interests are broad, and I look forward to exploring each subspecialty over the coming years.

Where did you decide to live, and why?

I'm looking for a place to live before starting residency and hope to find the perfect spot soon!

What do you enjoy doing outside of medicine?

I enjoy anything that keeps me active and outdoors, from running and pickleball to hiking, paddleboarding, and throwing the football/baseball. I'm always up for a new activity! I'm also a huge SEC football fan in a house divided —Go Dawgs and War Eagle!





Justin Leal, MD
Hometown:
Miami, Florida
Where did you attend college/university?
Emory University

What did you do after college?

I worked on cancer biology and chemotherapy resistance research.

Where did you attend medical school?

University of Florida

What were you looking for in a residency program?

I sought a residency program that provided excellent orthopaedic surgery training, opportunities for research, and a strong team dynamic. I wanted a program with abundant clinical volume and mentorship from faculty at the forefront of the field. Most importantly, I hoped to find a program where residents were passionate about orthopaedics and excited to work together daily. During my research fellowship with the Duke Arthroplasty division and away rotation, I experienced the incredible faculty mentorship, resident skill, and supportive, family-like atmosphere that confirmed Duke was the right place for me.

What are your current research and clinical interests?

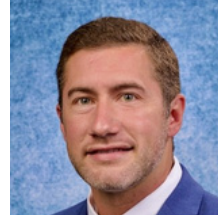
My research has focused on patient-reported outcome measures, optimizing periprosthetic joint infection management, the adoption of robotics and navigation technology, and the impact of implant design on survivorship and complication rates in hip and knee arthroplasty. During residency, I hope to continue exploring how technology and modern orthopaedic implant designs can improve patient outcomes across subspecialties.

Where did you decide to live, and why?

I chose to live in a house with an easy commute to the hospital, a garage for my home gym, and a backyard for my dog!

What do you enjoy doing outside of medicine?

I enjoy working out and playing basketball. As a big Miami sports fan, I try to catch Heat and Dolphins games when possible. I also love spending time with family and friends and enjoying delicious food.



Drew Millar, MD
Hometown
Memphis, TN
Where did you attend college/university?
University of Texas at San Antonio

What did you do after college?

I served in the Navy as a Hospital Corpsman.

Where did you attend medical school?

East Tennessee State University College of Medicine

What were you looking for in a residency program?

I sought a residency program that would help me develop the technical skills required to become an exceptional orthopedic surgeon and nurture my growth as a leader and advocate for my community. I was looking for a program that prioritizes research, offers strong mentorship, and fosters a collaborative, team-oriented environment. Duke embodies all these qualities and more, and I am confident it will provide the ideal foundation for a successful career in orthopedic surgery.

What are your research and clinical interests at this time?

My previous research centered on sports medicine and sports-related injuries. I am particularly interested in exploring the potential of AI-driven optimization in spine surgery and its impact on patient outcomes.

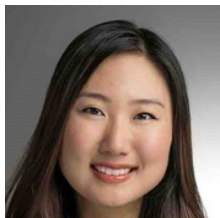
Where did you choose to live, and why?

I chose to settle in East Durham for its family-oriented communities and the wide range of activities it offers for my family to enjoy.

What do you like to do outside of medicine?

I enjoy spending time with my wife and children, staying active through running and swimming, and exploring new restaurants.





Nancy Park, MD
Hometown:
Augusta, Georgia
Where did you attend college/university?
Georgia Institute of Technology

What did you do after college?

I worked at my parents' corner store during COVID and then went straight to medical school.

Where did you attend medical school?

Yale School of Medicine

What were you looking for in a residency program?

A close-knit group of residents with strong operative experience and faculty who were excellent in the OR and strong role models outside of it.

What are your current research and clinical interests?

Patellar instability, trauma, 3D modeling

Where did you decide to live, and why?

Close to the hospital, as I wanted to be able to walk to work!

What do you enjoy doing outside of medicine?

Aerial hoop, painting, and exploring creative hobbies.



Juan Bernardo Villarreal Espinosa, MD
Hometown:
Torreón, México
Where did you attend college/university?
Tecnológico de Monterrey (Monterrey, México)

Where did you attend medical school?

Tecnológico de Monterrey (Monterrey, México)

What were you looking for in a residency program?

I was looking for an environment where resident education is highly valued. I could be part of a close-knit group of residents and continue to grow professionally.

What are your research and clinical interests at this time?

My previous research experiences have focused on sports medicine, specifically hip, knee, and shoulder injuries. While my clinical interests align with my research background, I remain eager to expand my knowledge across all areas of orthopaedics.

Where did you choose to live, and why?

Undecided: I am looking for a place with space for my dog.

What do you like to do outside of medicine?

I enjoy grilling with family and friends, watching and playing soccer, and taking walks with my dog and girlfriend.





Zodina Beiene, MD
Hometown:
Herndon, VA
Where did you attend college/university?
UVA

What did you do after college?

Research and medical scribe

Where did you attend medical school?

Cornell School of Medicine

What were you looking for in a residency program?

Both an academic and family-oriented program and department

What are your current research and clinical interests?

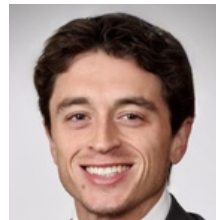
Patient-reported outcome measures: joints, spine, and shoulder/elbow

Where did you decide to live, and why?

I am planning to live in proximity to the hospital.

What do you enjoy doing outside of medicine?

Love the outdoors and traveling



Alex Goff, MD
Hometown:
Denton, TX
Where did you attend college/university?
Duke University

What did you do after college?

I worked as a basic science research assistant at the Steadman Philippon Research Institute in Vail, CO, following college.

Where did you attend medical school?

UT Southwestern Medical School

What were you looking for in a residency program?

I was looking for a residency program with an energetic, close-knit community of residents and faculty who truly view themselves as a family. Duke stood out for its exceptional balance of academic research opportunities, broad general training, and complex operative exposure, all within a culture of excellence. During my away rotation, I was continually impressed by the high level at which residents functioned—not only as surgeons, but also as clinicians. The faculty are leaders in their respective fields and consistently prioritize education, mentorship, and the growth of trainees.

What are your current research and clinical interests?

My primary research interests lie in regenerative medicine and the application of basic science innovations within orthopaedic surgery. Clinically, I am eager to explore the full breadth of orthopaedic subspecialties during my training at Duke, to develop a strong foundation while further refining my areas of interest.

Where did you decide to live, and why?

An apartment complex off Ninth Street that's close to the main hospital and within easy reach of grocery stores.

What do you enjoy doing outside of medicine?

Running, pickleball, finding good restaurants, and spending time on the lake.



Alexis "Lexi" Leal, MD, MBA
Hometown:
Durham, NC
Where did you attend college/university?
Duke University

What did you do after college?

I completed my first year of business school.

Where did you attend graduate school?

Duke - Fuqua School of Business

Where did you attend medical school?

University of Florida College of Medicine

What were you looking for in a residency program?

I sought a program that combined strong training with a familial culture, where both residents and faculty are invested in one another's professional and personal growth.

What are your research and clinical interests at this time?

I am interested in research and innovation within the medical device industry, working to improve patient outcomes and generate higher-value care. Clinically, I am interested in all of Orthopaedic surgery; I don't have a specific subspecialty in mind just yet!

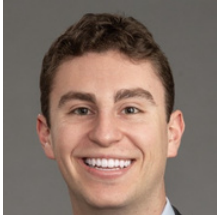
Where did you choose to live, and why?

I chose to live in a house as it allows my golden retriever, Murphy, to have his very own fenced-in yard and doggy door.

What do you like to do outside of medicine?

I love cooking and trying new restaurants and breweries with friends and family. I also love all things fitness and being outside.





Reid Kiritsis, BS
Hometown:
Richmond, VA
Where did you attend college/university?
Washington and Lee University

What did you do after college?

I went straight through to medical school

Where did you attend medical school?

Wake Forest University School of Medicine

What were you looking for in a residency program?

My goal was to find the program that would best prepare me for my future career in orthopedics and help me develop the professional skills and relationships to contribute to the field. Duke's department embodies collaboration, and the tremendous support from faculty and co-residents enhances the learning experience and patient care. The strong sense of teamwork and humility among the residents truly stood out during my away rotation, and I felt that Duke was the best fit for me.

What are your current research and clinical interests?

My limited research thus far has spanned several topics in various subspecialties. I am particularly interested in diving deeper into feasible means of infection prevention and the role of technology in arthroplasty. I am excited to explore more areas of research during residency.

Where did you decide to live, and why?

To be decided!

What do you enjoy doing outside of medicine?

I enjoy golfing, lifting weights, pickleball, and taking Peloton classes. I love spending time with friends and family to recharge, and I'm excited to explore the local restaurants and breweries in Durham!



Michael Ramos, MD
Hometown:
Independence, Ohio
Where did you attend college/university?
Princeton University

What did you do after college?

I worked in the pharmaceutical industry for two years and then did ophthalmology research for four years.

Where did you attend graduate school?

Case Western Reserve University

Where did you attend medical school?

Cleveland Clinic Lerner College of Medicine

What were you looking for in a residency program?

I was looking for a program that had a close-knit group of residents, provided world-class clinical and operative training combined with a strong research infrastructure, which perfectly describes Duke. The camaraderie amongst residents and staff is unmatched.

What are your research and clinical interests at this time?

My current research interests are in knee and hip arthroplasty outcomes and periprosthetic joint infection. Clinically, I am interested in adult reconstruction, spine, and oncology.

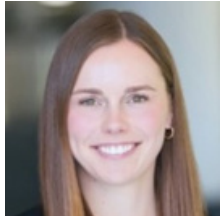
Where did you choose to live, and why?

We chose to live in the American Village to have more space and its proximity to the hospital.

What do you like to do outside of medicine?

I enjoy staying active by working out, hiking, and golfing. I am a big Cleveland Sports fan (Browns, Guardians, Cavaliers). I also enjoy cooking and trying new restaurants with my wife.





Dana G. Rowe, MD, MHSc
Hometown:
Chapel Hill, NC
Where did you attend college/university?
Vanderbilt University

What did you do after college?

Worked for two years on the medical administration team at Major League Baseball's Commissioner's Office.

Where did you attend graduate school?

Duke University School of Medicine

Where did you attend medical school?

Duke University School of Medicine

What were you looking for in a residency program?

When it came to choosing a residency, the people, culture, and training mattered most to me. I was looking for a program that offered top-notch training within a supportive, tight-knit community. It was important to me to find a place where people genuinely enjoy working together—where co-residents have fun, look out for one another, and are always willing to step in and help without hesitation. I was also really drawn to the strong mentorship and operative autonomy at Duke. The faculty are leaders in their fields, but just as importantly, they're deeply invested in resident growth and education, striking a thoughtful balance between guidance and autonomy in the OR.

What are your current research and clinical interests?

I'm still exploring subspecialties! In medical school, most of my clinical and research work was in sports and spine. I've also really loved my medical education work and hope to continue that in residency.

Where did you decide to live, and why?

I live with my partner in a townhouse near East Campus! I loved how walkable and safe the area is. I can easily walk to restaurants and the grocery store, and it's very convenient to the hospital—about an 8-minute drive, 10-minute bike, or 15-minute bus ride.

What do you enjoy doing outside of medicine?

I love being outside and spending time with friends! I've logged many hours walking (and occasionally running) the trails around Durham, and I also play a lot of tennis and pickleball. When I have extended free time, I love to travel, either to the NC beaches or mountains for a long weekend or to a national park or ski trip when I have more time.



John T. Streepy, MD, MS
Hometown:
Palatine, IL
Where did you attend college/university?
Washington University in St. Louis

What did you do after college?

I pursued a Master's in Biomedical Engineering while also taking advantage of an additional year of eligibility to play football.

Where did you attend graduate school?

Washington University in St. Louis

Where did you attend medical school?

Rush Medical College

What were you looking for in a residency program?

When I was looking for a residency program, my top priority was finding a supportive, family-like culture where residents genuinely enjoy working together and learning from one another. I also valued strong operative training with mentors who are deeply invested in developing residents, along with broad access to meaningful research opportunities. I was fortunate to rotate at Duke, where it quickly became clear how strong the program was in all of these areas, and I remember not wanting to leave the hospital because I enjoyed being around the residents so much. That feeling stuck with me throughout the residency application process, and I knew that Duke was the perfect fit for me.

What are your research and clinical interests at this time?

My past research has focused on shoulder and elbow pathology, orthopaedic biomechanics, and machine learning models to predict operative outcomes. Clinically, I am excited to explore all of orthopaedics during my training at Duke and see where my interests develop!

Where did you choose to live, and why?

Undecided, but I'm so excited to be in Durham and to spend the next five years learning about this city!

What do you like to do outside of medicine?

I really enjoy spending time with my friends, family, and my fiancée, Brittany. I also like working out and playing rec league sports, and I am a huge Chicago sports fan, so I try to watch games whenever I can. BEAR DOWN!





Aaron Therien, MD, MS

Hometown:

Durham, NC

Where did you attend college/university?

Duke University

What did you do after college?

After graduating from Duke University, I spent a year working as a research assistant and later as a research technician in surgical oncology, studying the immune landscape of melanoma using spatial profiling techniques. I also completed a Master's in Biomedical Sciences.

Where did you attend graduate school?

Duke University School of Medicine

Where did you attend medical school?

Duke University School of Medicine

What were you looking for in a residency program?

I was looking for a program that combines rigorous surgical training with a strong culture of mentorship and collaboration. I was especially drawn to environments where residents take ownership of patient care, support one another, and push each other to continuously improve in order to provide the best possible care. What consistently stood out to me about Duke was the genuine camaraderie among residents and the shared commitment to excellence. It truly felt like a team environment where people are invested in each other's growth. Ultimately, I wanted a program where I knew my co-residents and faculty mentors would have my back both in and outside of the hospital.

What are your research and clinical interests at this time?

My research interests have focused on orthopaedic outcomes, healthcare utilization, and disparities in access to care. At Duke, I have been involved in multidisciplinary work examining drivers of emergency department return and readmission after orthopaedic surgery. Clinically, I am broadly interested in orthopaedic trauma, oncology, arthroplasty, and sports medicine. I am particularly interested in how surgical decision-making and postoperative care pathways can be optimized to improve functional recovery, reduce complications, and deliver more equitable care across diverse patient populations.

Where did you choose to live, and why?

I chose to live in a South Durham townhome with my partner, about 15 minutes from the hospital. It offers a good balance of proximity to the hospital while still being close to downtown and the Triangle's outdoor spaces.

What do you like to do outside of medicine?

I enjoy staying active, cooking, photography, and spending time with friends and family. I played Division I baseball at Duke and continue to enjoy fitness activities like CrossFit and hiking. As someone originally from Philadelphia, I still follow the Phillies and Eagles. I also enjoy bar trivia and anything that brings people together outside of the hospital.

