Mona Amin, MD

Tell members a little bit about yourself.

Your Practice

I grew up in Charlotte, North Carolina, and stayed close to home for training, earning my undergraduate and medical degrees at East Carolina University before heading to Washington, DC. I'm now a PGY-4 PM&R resident at MedStar National Rehabilitation Hospital/Georgetown University, finishing in June 2027.

My clinical interests include neurorehabilitation, sports medicine and MSK ultrasound. Since 2025, I've been on our program's research track, working with Dr. Katherine Alter at the National Institutes of Health to study runner's dystonia using computerized gait analysis and shear wave elastography. I'm also part of the inaugural cohort of our program's lifestyle medicine track and plan to pursue board certification in lifestyle medicine after graduation.

Your Life Outside of Work

I love strength training and high-intensity workouts at F45, and in September my husband and I completed our first Hyrox competition together! I also play recreational soccer, and I'm always up for trying a new restaurant or coffee shop around the city.

What accomplishments/honors are you particularly proud of that you would like to share with members?

For the past two years, I served on the PHiT Council as the AMA Alternate Delegate, advocating for resolutions relevant to our specialty in the AMA House of Delegates. Through the AAP Public Policy Committee, I also took part in my first Hill Day this fall.

Getting involved in advocacy as a resident has deepened my understanding of our specialty and the patients we serve, and I plan to continue advocacy work throughout my career.

What have you advanced in your local community outside of or in conjunction with your medical practice?

As Resident Director of Quality & Safety, I bring the resident perspective to our hospital's Patient Safety, Medication Safety and Pharmacy & Therapeutics committees and work to ensure that safety concerns from residents are heard and acted upon.

I also help teach weekly sessions for our MSK ultrasound club, giving medical students hands-on scanning experience and an early introduction to physiatry.

What special skills or unique attributes do you bring to the Board of Governors?

I took a nontraditional path to medicine. Before medical school, I co-founded a food-tech startup that connected farmers with local food distributors and managed innovation initiatives for the Women's Business Enterprise National Council, a nonprofit that supports women-owned businesses.

These experiences taught me how to build programs around the people who will actually use them. As PHiT Council President, I'll bring that approach to the Board and make sure the resident and medical student perspective is well represented.

What is a current or future challenge to the Academy or the specialty that you look forward to addressing as a Board Member?

Trainees today face rising debt and a changing job market, often without knowing how policy decisions on reimbursement, GME funding and scope of practice will shape their careers.

I'd like to help trainees engage with advocacy early in training, so they enter practice informed and ready to speak up for our specialty and our patients. I also look forward to working with the Academy to make sure its resources reflect what residents and medical students need most as they transition into practice.