

John C. Cianca, MD, FAAPMR

Tell members a little bit about yourself.

Your Practice

I am a solo practitioner with a cash-based practice in musculoskeletal and sports medicine. I am board certified in PM&R, acupuncture and sports medicine. I also have an RMSK in ultrasound. I have dual adjunct appointments as an Associate Professor of PM&R at the Baylor College of Medicine (BCM) and the University of Texas Health Science Center Houston. I have been in practice in Houston, Texas since 1993. I completed a fellowship in sports and performing arts medicine at the Baylor College of Medicine (BCM) in 1992-93. I was full-time faculty at BCM until 2004. I have taught residents, fellows and medical students my entire career. I have taught ultrasound to residents and colleagues since 2007. It has been a long road to the current state of my practice. I have always viewed it as a ministry first and a business second. I am happy to say that my practice is thriving and I am very fulfilled by how I practice medicine.

Your Life Outside of Work

I live in the Heights, the oldest suburb of Houston. It is 62' above sea level and I am happy to say I have never flooded despite the yearly hurricanes and tropical storms in Houston. I live in a two-bedroom bungalow built in 1929 that I remodeled in 2010. My family (two brothers and a sister live in Rochester, New York where I grew up). I enjoy gardening, golf and photography. I was competitive in track, road racing and triathlons when I was a bit younger and a lot faster.

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

I am proud to have received the AAPM&R Distinguished Clinician Award in 2013. I am also the author of Musculoskeletal Ultrasound Cross-Sectional Anatomy published by Demos Medical in 2017. Perhaps most gratifying is the work I have done mentoring residents and fellows over my career. I am also very proud of the work I have done with the Medical Education committee over the last 10+years. This work includes developing the STEP ultrasound program and conceiving of National Grand Rounds

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

I was the medical director of the Houston Marathon for 23 years and I am one of the co-founders of the International Institute for Race Medicine. I am a 2-time former board president of the organization. I have spent much of my career advancing the medical and safety standards for road races.

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

I have been on the Board of Governors of AAPM&R since 2019 as the chair of the Medical Education Committee. I have served on the Medical Education Committee since 2012. During this time, I have overseen the ongoing development of the Annual Assembly and AAPM&R educational offerings. I also pioneered the STEP Program in Ultrasound, and most recently developed National Grand Rounds. I have an affinity for leadership, and I enjoy strategic thinking and planning. Throughout my adult life, I have been able to inspire and direct peers to achieve beyond expectations through collaboration and mutual respect.