

John C. Cianca, MD, FAAPMR
Chair, Medical Education Committee

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'm 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.

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 a 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.

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 the current board chairman 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 led the revamp of the Annual Assembly practice tract, pioneered the STEP Program in Ultrasound and most recently developed National Grand Rounds. I hope to continue to advance medical educational offerings to my fellow physiatrists as well as represent the solo practitioners in my service on the Board of Governors.