

**John C. Cianca, MD, FAAPMR**  
Vice President

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.